A BOOK OF SALADS

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THE EDGEWATER BEACH HOTEL SALAD BOOK

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MY LADY'S SALAD SANDWICH LUNCHEON IN FOUR COURSES

See Page 223

THE
EDGEWATER BEACH HOTEL
SALAD BOOK

CONTAINS RECIPES THAT HAVE TAKEN YEARS OF RESEARCH TO COLLECT; ALSO MANY NEW RECIPES . . IS A READY REMINDER FOR THE EXPERIENCED SALAD MAKER, AND FURNISHES INVALUABLE WORKING KNOWLEDGE TO THOSE WHO HAVE NATURAL TALENT FOR THIS WORK

BY
ARNOLD SHIRCLIFFE

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I dedicate this book to William M. Dewey, manager of the Edgewater Beach Hotel, whose kindly encouragement has been a dominating factor in the completion of the work.

Arnold Shircliffe

EDITOR'S PREFACE

HE EDGEWATER BEACH HOTEL of Chicago is famed for its wholesome salads; their variety, and pleasing combinations, are of the kind conducive to health for young and old.

About a year ago we met at this hotel Arnold Shircliffe, its caterer, and saw his collection of salads and salad dressings in manuscript; these were kept in a loose-leaf binder for the information of the maitre d'hotel, his assistants, and the people employed in the salad pantries.

We had heard many compliments of these salads, in particular, those of the kind suited for people on a diet, as it afforded patrons of the dining rooms opportunity for selecting foods best suited for them. We suggested to Mr. Shircliffe that he publish these salads, in particular, as a promoter of the habit of eating for health. He consented.

When it came to illustrating the book, it was decided to have the pictures the most lifelike possible, and the beautiful illustrations that are inserted between these covers were made by what is known as the four-color process, the plates made direct from the salads. The Manz Corporation, who specialize in fine color work, produced the inserts complete, and achieved wonderful results from these difficult subjects.

The foods available for salads, mainly vegetables and fruits, are Nature's most prolific crops. Mr. Shircliffe, expounding the art of the salad maker, has interspersed thru his book interesting comments on the particular virtue of this or that ingredient or combination, and has produced the most complete work of its kind. The book should find a place in the library of every caterer; also is commended for the private home, and to all who are interested in the health of the Nation.

JOHN WILLY

FOREWORD

"HE vegetable kingdom is the storehouse of all nutrition —unblemished by the hand of man."—*Otto Carque*—"*Rational Diet.*"

"Millions of people in Asia have learned the unique nutritive value of green plants, which we in America have never learned to appreciate."—*McCullom and Simonds.*

"A man's food, when he has the means and opportunity of selecting it, suggests his moral nature. Many a Christian is trying to do by prayers that which cannot be done except through corrected diet."—*Talmage.*

A balanced meal should contain a salad. Greens on account of their mineral content are the most important items of human nutrition. They can be so arranged as to please the eye—a most necessary thing. The mineral salts they contain act as a digestant, the water as a purifier, carrier, and solvent. The generous use of greens in the form of salad aids digestion, purifies the blood, neutralizes the acids that are generated in the body and helps to build healthy tissues.

The etymology of salad is said to be "sal" or something salted. The word sal comes from the Latin word meaning salt. During the very early times the poor people dipped their cichorium or chicory, their lactuca or lettuce in salt and ate it. The rich disdained eating the lowly herb and doctors admonished those who ate salads "To be mindful of the duty of mastication, without due performance of which, all undressed vegetables are troublesome company for the principal viscera, and some are even dangerously indigestible." I find similar advice in early American Cook Books. In the early times physicians were operative cooks, and epicures went to the same professor for physics and food; a culinary recipe was often a remedial prescription. "The poor people of all countries were first to use greens in salads, the rich disdaining them

because of their low cost and of common use; also because they were believed to be indigestible and harmful if not by a doctor's prescription or their evils lessened by cooking."

Salads in the early days were made, with but few exceptions, of herbs and leafy vegetables. The latter part of the Seventeenth Century chicken, fish and lobster were added, but not until the close of the Eighteenth Century do I find any reference to fruits used in salads. John Evelyn who wrote the first book on salads mentions oranges and lemons as being sub-acid and not admitted to sallats; however lemon rinds were used in meat salads. "Petals of roses were used as late as the last century by our people. They put them in tarts, salads and fruit stews. The practice was of Roman origin. The Apician-Patuea de Roses was a mortress of rose leaves." In 1589 *Cogan's Haven of Health* has the following reference to salad, "Lettuce is much used in Salats in summer tyme with vinegar: oyle and sugar and salt, and is found to procure appetite for meats, and to temper the heate of the stomach and liver."

In the above we see that Cogan realized in a way the dietetic value of lettuce. In one of the very early English Cook Books I find this advice: "Once and for all, take care your vegetables are fresh, for as the fishmonger often suffers for the sins of the cook, so the cook often gets undeservedly blamed instead of the green grocer." To have a salad right the ingredients which enter into its composition must be young and fresh.

In John Evelyn's "*Acetaria or A Discourse on Salats*" he writes, in praise of lettuce: "It is indeed of nature more cold and moist than any of the rest; yet less astringent and so harmless that it may be safely eaten raw in fever, for it allays heat, brindles choler, extinguishes thirst, excites appetite, kindly nourishes and above all represses vapours, concilliates sleep, mitigates pain, besides the effect that it has on the morals."

Mr. Evelyn evidently thought pretty well of lettuce and today in our "Newer Knowledge of Nutrition" we are finding out that health is impossible without the mineral salts which

we find in the leafy vegetable. John Evelyn's "*Acetaria,*" published at the close of the 17th Century, defines the modern salad: "Imparting order to chaos, it furnished the cooks with intelligent rules and wholesome precepts, and gave precise limits to an art whose special followers had hitherto been the champions of gastronomic license and the illustrators of gastronomic caprice."

Distinguishing "olva" vegetables for the pot which should never be eaten raw and "acetaria" vegetables which should never be boiled, John Evelyn, man of letters, botanist and epicure, had the courage to declare that to cook salad with heat, or by any slow process of pickling was to deprive it of the distinguishing attributes to a salad. The true salad was "a mess of raw vegetables." John Evelyn gave a list of some one hundred different herbs and vegetables, many of them unknown to the housewife or buyer of today.

An old Spanish proverb says it takes "Four persons to make a salad—a spendthrift for the oil, a miser for the vinegar, a counselor for the salt, and a madman to stir them up."

A recipe for salad is taken from the "*Form of Curry*" published during the Reign of Richard II, 1490: "Take parsley, sage, garlyc, young onyons, leek, borage, myntes, poireetes, fenel and cresses, rue rosemary and parslain lave and waithe hem clene; pick hem plucke hem smalle wyth thyne honde and myng hem wel wyth rawe oyl, lay on vinegar and salt and serve ye forth." This must have been a strong salad, full-flavored, rather than delicate. Honde meaning hand and myng, mix. The etymology of recipe is interesting.

Old Gervase Markham in his "*English Housewife*" gives the following on how to make a "Strange Sallet": "First, if you would set forth any Red flower, that you know or have seen, you shall take your pots of preserved Gilly flowers, and suting the colours answerable to the flower, you shall proportion it forth, and lay the shape of the Flower in a Fruit dish, then with your Purslane leaves make the Green Coffin of the Flower, and with the Purslane stalks make the stalk of the flower, and the

divisions of the leaves and branches; then with the thin slices of cucumbers, make their leaves in true proportions, jagged or otherwise; and thus you may set forth some full blown, some half blown, and some in the bud, which will be pretty and curious. And if you will set forth yellow flowers, take the pots of Primrose and Cowslips, if blew flowers, then the pots of violets or Buglosse flowers, and these Sallets are boht for shew and use, for they are more excellent for taste, than for to look on."

The above salad shows how they made use of the flowers. Today one scarcely ever sees the flower or bud of any flower, with the exception of nasturtium, and the flowerbuds of the caperbush, enter into the composition of a salad.

Another variety of old "Sallet" is referred to in "*The Gentlewoman's Delight,*" which instructs one: "How to make a Sallet of all manner of Hearbs. Take your hearbs, and pick them clean, and the floures; wash them clean, and swing them in a strainer; then put them into a dish, and mingle them with Cowcumbers, and lemons, sliced very thin; then scrape on sugar, and put in vinegar and oil; then spread the floures on the top; garnish your dish with hard eggs, and all sorts of your floures; scrape on sugar and serve it."

A quaint old book on Salads is entitled "*On the Use and Abuse of Salads in General and Salad Plants in Particular,*" by Johann Friedrich Schutze, Doctor of Medicine, and Grand-Ducal Saxe-Coburg-Meiningen, Physician at Sonnenburg and Neuhaus; Leipzig, 1758. The learned doctor adopts the classical division of humanity into the Temperamentum Sanguineum, or warm and damp, the Cholericum, or warm and dry, the Phlegmaticum, or cold and damp, and Melancholicum or cold and dry. To each of these classes a particular form of Salad applies and none other.

* * *

The digestion of food starches, is retarded through the use of acids; however, lemon juice is quickly neutralized in the body, being changed into a carbonate, which helps to preserve

the alkalinity of the blood. It is therefore superior to vinegar in making salad dressings, that is from a healthful point of view. It is the most delicate and deliciously perfumed acid that Mother Nature gives us. Those who have never tried lemon juice in making of mayonnaise have missed a treat; even to those who insist on vinegar, an added touch of lemon will greatly enhance the dressing's flavor. A real pure vinegar should be insisted upon if vinegar is used; freshly ground pepper by all means (as the flavor of pepper is soon lost in the air), and pure olive oil—not the oil that you buy out of a grocer's window, where the bright sunshine beats in on it, because as Fink in his "Food and Flavor" writes: "If he (the grocer) does not know that sunlight spoils the best olive oil, he is not likely to know or care what the best oil is." Quoting Fink again: "As a cosmetic, nothing equals olive oil. The beauty of the Spanish and Italian women is attributed largely to their daily and liberal use of it in salads. It improves the complexion and rounds out the lines of the form."

Pure olive oil modifies and combines the different flavors with a velvety smoothness and the lemon or pure vinegar adds the necessary zest or tang. It is essential that anything entering into the composition of the salad be the best that money can buy, that they be cold, and that the greens be clean and dry. Water repels oil, oil repels vinegar. If the dressing is finished and poured over the salad, or if the oil is poured on first and each leaf bathed in oil, and vinegar and seasoning last, or if vinegar is poured on first and oil last, that is up to the individual taste, as the tastes may be as many and varied as there are faces at any one table, so no set rule can be laid down. If you wish a more piquant flavor, pour vinegar on first, oil last; if you wish a delicate, nutty flavor, do the reverse. If you prefer, whip up the ingredients of your dressing ensemble and serve. But do not pour dressing over salad in any case until you are ready to serve, as the vinegar will eat into the connective tissues and the salt absorb the water content of the leaves and you will have nothing but a mass of pulp.

The etymology of Mayonnaise is supposed to come from an old proverbial verb "mahonner" or "maghonner," to worry or fatigue, and this is now supposed to be the correct origin of the word mayonnaise.

In the making of mayonnaise, credit is given to Marshal de Richelieu. Richelieu's name will live longer through this fact, than through any other thing he ever did.

The name mayonnaise, as Carmen, the great cook claims, comes from the word "manier," to manipulate.

The French dressing of today is but a modification, or improvement on, the early Roman Jus Simplex or the early Grecian Sharp Sauce, composed of oil, wine and liquamen, or oil, vinegar and garum with a little honey added. Garum or liquamen took the place of salt. Through the Monks of the medieval ages these recipes were passed on to posterity. These pious men garnered and collected the literature of early times, preserved it from destruction by the barbarians and passed it on to the curious and learned, who in turn instructed the cook of that day. The sharp sauce, the miser sauce and the sauce of bacon grease and vinegar, used in the early Sixteenth Century, are but modifications, and I would say improvements upon, the early Greek and Roman salad sauces; which, in turn, are the precursors of the French dressing of today.

One of the early Apician recipes for oxyporon, which was a sharp sauce used on salads, stews and mortrews, was as follows: Two ounces cummin, one ounce ginger, one ounce of green rue, six scruples of salt peter, twelve scruples of fine dates, one ounce pepper, nine ounces honey; beat and mix with vinegar. Robinson, the comedian, used to say of claret, "Oxporon might go fairly well with a salad in the absence of every other kind of dressing." In Jefferson's "*Book about the Table*" I find, "The medieval cuisine consisted chiefly of soups and soup meats, the exceptions to this rule were very few."

One of the old proverbs says: "It is not what one eats that nourishes him, but what one digests." The salad aids

digestion, it stimulates the flow of gastric juice, an acid media in which the protein or albuminoid substances are changed into soluble and assimilative matter, namely peptones. "The normal acid of normal gastric juice is hydrochloric acid."—*Dr. H. Hoy, "Eating and Drinking."*

Salads also stimulate the flow of saliva and if starches are thoroughly masticated, the ptyalin of the saliva changes starches into a form of assimilative matter known as maltose; in starchy vegetables the starch molecule is often closely allied to the protein and in converting the starch into maltose, the proteins are better exposed to the action of the acids of the stomach, thereby hastening the digestion of proteids. Proteids are digested in an acid media, starches in an alkaline. Leafy vegetables, milk, herbs and cheese are the sources for fat Soluble A— Vitamin or Anti-rachitic factor— Water Soluble B —or anti-neuritic factor and Water Soluble C— or anti-scrobutic factor. Raw milk contains all three vitamins; raw cabbage all three; lettuce the first two; spinach first two; fresh carrots all three; fresh onions, lemons and oranges the last. Table of vitamins can be found in "*Essentials of Healthful Living.*"—*by W. S. Sadler, M. D.*

Vegetables and herbs used in most salads contain less than a ten per cent carbohydrate content, and are therefore good for the diabetic and can be utilized in amounts great enough to give them bulk, which is an aid to health and still be kept within their food tolerance. (See table following Diabetic Salad.) Elwanger in his "*Pleasures of the Table*" (a first copy of this splendid book is owned by the author) writes, "The mission of the salad is to correct the too liberal ingestine of rich and fatty substances, to prepare for the dessert, to stimulate and divert the taste and to promote stomachic harmony at a time when the appetite has begun to flag and the palate is impatient of a long delay between the roast and the demi-tasse."

Leafy vegetables, herbs, salads, fresh fruits, milk, buttermilk, coarse grains, bran, pure water, sunshine and exercise is

a remediable prescription in preventive medicine, accepted and agreed upon by those learned in the art of scientific nutrition.

Salads should be made as attractive as possible. Simple colorful combinations artistically arranged and not overdone are the ones which bring forth favorable comments from those who know. This class of salad is called for time and time again and it is through the artistic combinations, its colorful arrangement and delicate flavor that the fame of the salad spreads and finally becomes a standard dish. Waldorf Salad, Chiffonade, Panama and Princess are well known salads. Thousand Island dressing, mayonnaise, French dressing are universally known.

The salad is the chef d'ouevre of a dinner and when artistically made will bring forth praise. It is the one dish that can be made so attractive that it will enhance the value of all other made dishes, and its rightful place is with the roast and not as a separate course, unless salad is the main dish of the meal.

Brillat Savarin said: "A dinner without cheese is like a pretty woman with one eye." He might have added "and a dinner without a salad is like a pretty woman with both eyes missing," for one is blind indeed who omits salad from the dinner.

On many of the menus dating back before 1880 and of which the author has many, salads were conspicuous by their absence. In 1867, The Briggs House, Chicago, for their Christmas dinner, failed to list a salad. In a dinner given in honor of General Grant in 1880, Hotel Brunswick, New York, no salad appeared on the menu; still they listed five meats and several vegetables. In *Mrs. Glass'* "*Art of Cookery*" in 1778, only a very few salads are found, one, "How to raise a Sallad in two hours at the fire," can be found on Page No. 315 which is extremely interesting. A recipe for raising a Salad in two hours can be found in *Jno. Evelyn's* "*Acetaria*," Page 158—5th Edition—1729.

Up until the year 1800, Foreign as well as American cook

books (with the exception of *Evelyn's "Acetaria"*) listed but very few salads.

Salads are truly American, that is, as we know them today. Europe, Asia or the rest of the world can not take away from America the production and perfection of the salad. America has never been given credit for any advancement in the culinary field. So right here and now, for the edification of all, we claim for America the credit of assembling, blending and bringing to perfection this health-giving item, the salad.

American women have made the salad an American institution. Their luncheons, especially, have been built around the salad. The salad is feminine, and the daintiness, the artistic arrangement of the salad truly calls for the feminine touch to make it what it should be. The salad has been the thinking woman's luncheon, the university girl's dessert, the boarding school girl's love, and there is nothing that I know of that will cheer the fagging spirits and put joy into a girl's heart quicker than for her to take one look at an epicurean delicacy in the form of a beautiful salad.

Through the constant call for salad, and mostly through the ladies, it has been brought to perfection; and what I mean by perfection is simplicity in arrangement and thoughtful consideration to combinations and flavors.

Some one said: "Vanity, thy name is woman." I shall add, "Lady, thy name is Salad."

This phrase,"Lady, thy name is Salad," was suggested to the author because of the importance placed upon the salad and dessert by the thousands of women for whom he has arranged luncheons and dinners. The arrangement of their menus has centered around the salad, and their queries have usually been as follows:

"Will the salad be dainty?" "Will it be attractive?" "Is it new?" "Will it be something different?" etc. When a man is arranging an affair for men and women he takes the salad into account, but if it is a stag it is merely combination salad

or head lettuce with Thousand Island dressing, or his usual comment is, "They don't eat salad, anyway." The average man is still bound to the flesh pots of Egypt. And so I say again, salads are feminine.

The recipes found in this book are from the best in the culinary profession. The names of many contributors I have listed after salad recipes, also the names of the books which I have used as reference and of which I have some few hundred in my own library. To the contributors I herewith acknowledge my indebtedness and thank them. Recipes have been given to me by chefs and maitre d'hotels from all over this country and the best I have included. Many salads have been dropped because the combinations were poor, too many items entering into the composition or conflicting with a number of salads with much of the same combinations.

A great many of the arrangements of the salads as they appear in the book have been made by the author. All salads have appeared on the Edgewater Beach Hotel menus in the course of a year. The arrangements as given have been found the most practical and most pleasing.

The recipes by the author, numbering about one hundred, are named and concocted for certain reasons. These reasons are given after nearly every salad invented by the author; some may seem far fetched to the reader at first glance, but if a little thought is given to the reason for combinations and names, the reader will realize that there has been study given to their combination, pleasing effect, and dietetic value before they were produced or named.

The recipes of the Doctor, Sunburst, Health, Sugar Plum, Lady Windermere, Edgewater Beach, Wedding Ring, as well as the Elizabeth and Johnson salads, are more than worth the price of the book. The sale of Doctor Salad exceeds the combined sales of all other fancy salads in the Edgewater Beach Hotel, where the catering business runs into thousands of dollars daily. It has a reason for its being, and as a luncheon dish with a few crisp pieces of whole wheat or gluten bread

toasted, and a glass of milk or water, it makes an ideal, healthful, economical luncheon, and can be eaten every day in the week without tiring of it. This is in itself a virtue, as there are only a few things in this world that one will not tire of—that is, in foods.

All the author's recipes for salads have real dietetic value, and as far as he can find out, are good combinations. Their dietetic values are also increased by their pleasing appearance.

In getting out the Edgewater Beach Hotel Salad Book, the author has spent years in delving into the past as well as the present. He has made thousands of salads to get the correct combinations and effect; and so, it can readily be seen, that salad-making is a work of art and should not be left to a sloppy pantry girl or helper.

"For, without art, the noblest seeds
Of flow'rs degen'rate into weeds.
The whole world without art and dress
Would be but one great wilderness."

When you buy this book, don't expect to produce prodigies unless you have brains in the kitchen that can interpret and understand recipes. Do not consider any recipe a failure because success does not attend your first efforts; perseverance and understanding of directions will bring success to those who possess the acquired or natural qualities necessary for the arranging, perfecting and dressing of the salad. A little of the idea of beauty must also be wrapped up in their souls. "Cultivate the beautiful; beauty nourishes both goodness and health."

Do not attempt to make a fancy salad in a hurry; it can't be done—that is, artistically. If you contemplate entertaining and expect to use a complicated salad, try one out a few days in advance and see just how long it will take you to complete it. This will give you an idea of the necessary time you will need to produce them, and will also give you an idea as to whether it is the salad to use or not. Sometimes it is impossible to visualize a salad, but to make and taste and see the finished product is to be convinced.

Recipes are often written which are as unintelligible to the women and men of today as the hieroglyphics of an Egyptian pillar. Most of these recipes, however, are quite easily understood, and while I have given but few specified amounts of ingredients to be used in compounding salads, one can try out a salad most any time with the materials at hand. If they are to constitute the main dish they should be somewhat larger; if just an accompaniment, the salad naturally is to be smaller. A diseased body will crave abnormal food, and a glutton may crave or demand at one sitting enough to feed a family, but the average will be content with usual salad portion. One head of romaine may serve four, or it may only serve two; the same with lettuce and practically everything that enters into the salad-making. So it is not practical to lay down any set rule to follow as a guidance.

Recipes have the main ingredients listed at the head, and the reading of entire recipe can be dispensed with if component parts are unprocurable, hard to get or out of season. The index will give you the salad you wish, as they not only are listed alphabetically, but under the main component part, i. e., if fruits predominate they will be listed under "Fruit;" if meats, under "Meat," vegetables under "Vegetables," fish under "Fish," and other listings are under head of "Fruit and Vegetables" and "Miscellaneous."

Under some recipes the author's note may prove interesting. If the salad is tried and found good, and the note enjoyed, the author shall feel doubly compensated, as most cookery books are dry reading and change their subjects with squibs as often as the dictionary. Here you will find food for the brain as well as the body. Perhaps you may like the author's note better than the recipe, as it is one thing to prepare food and another to dream about it. However, if the salad doesn't taste good, I say as Arthur T. Vance said after he concocted Salad a la Turc, "If it doesn't taste good, I'll eat it myself."

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The Edgewater Beach Hotel Salad Book

Acme

Pear, cream cheese, lettuce

Trim well, core, spice and bake a small Bartlett pear. Allow the pear to cool and place on a bed of lettuce. Fill the center with cream cheese that has been thinned down with raw cream, and pipe rosettes of cheese around base of pear. Pear should be baked soft. French Dressing.

AUTHOR'S NOTE: The pear should be baked like an apple, with sugar and spices; but not too sweet. The pear is cored and pared around the top leaving about one-half inch of the top without skin. Glaze the top with caramelized sugar during the baking, so that it has a nice appearance. The cheese blends well with the pear. A little lemon juice squeezed over pear before serving will bring out the flavor.

This is a highly attractive salad and can be used at a luncheon where salad is the main dish. It is also very appropriate with roast goose and duck. Pour French or Lorenzo dressing over salad just before serving.

The salad was named Acme because it is the acme of perfection if handled right. Canned pears can be substituted.

Adam

Apple, raisins, celery, cherries, angelica, lettuce

Hollow out and peel a small Jonathan apple and stuff with diced apple, celery and seedless raisins, all mixed with mayon-

naise dressing which has been flavored with lemon juice. Decorate with fanciful shapes of maraschino cherries and angelica and serve on a bed of lettuce. Apple to be marinated in lemon juice and sugar before filling.

Adam and Eve

Romaine, Jonathan apples, figs, pistachio nuts, hard-boiled eggs, celery

On several leaves of romaine that have been arranged on plate to represent fig leaves, place a hollowed out Jonathan apple which has been previously marinated in a French dressing to which has been added cherry or cinnamon candy coloring. Dice a few washed figs and mix with equal quantities of diced celery and apples. Mix with a mayonnaise that has been made with lemon juice rather than vinegar, and fill apple. Sprinkle the top with pistachio (love) nuts and yolks of hard-boiled eggs.

AUTHOR'S NOTE: This is quite a colorful salad and can be used at a luncheon when an announcement of a wedding is made. As there must be a beginning of all things, the egg represents it. The fig and fig leaf figured prominently in Adam and Eve's affairs in the garden for food as well as clothing; the apple, a veritable Pandora's box to Adam and Eve as well as others; and the love nuts or pistachio represent Eve's "salad days when she was green in judgment."

Small red cinnamon candies can be used in coloring the apple. Place a few in a little simple syrup and boil for ten minutes. The apples can be placed in the coloring matter until they are the right color.

Admiral

Lettuce, romaine, green peppers, chives

On a bed of romaine, place green peppers and lettuce, mixed and cut en julienne. Sprinkle chopped chives over top. French dressing.

Adonis Valentine Sweet Heart

Tomato, water cress, cream cheese, beets, green and red peppers, lettuce

On a bed of lettuce or romaine place a slice of ripe tomato, peeled and cut thick, with two rosettes of cress on the sides. Thin cream cheese with raw cream and pipe on top of tomato in the form of a heart. Fill the center of the heart with red beets, green and red peppers, cut in the shape of hearts with a small cutter. French dressing.

AUTHOR'S NOTE: In making this salad use a bag and pipe the cheese as near to the edge of tomato as possible, the lower part of the heart being piped thicker than top to fill in space on tomato. A large slice of beet in the shape of a heart can be placed in center, with a wide slit in it, and through this run a quarter of a spear of asparagus, the tip of which has been dipped in paprika. Around the center slice of beet small hearts of beet, pimento and green peppers can be artistically arranged. The green peppers represent envy, and can be placed at the bottom of the heart. In the top or lobes of the heart place the red hearts—the small beet hearts on one side and those of red peppers on the other. This salad is fine for a love-sick boy's or girl's party, or at a Valentine dinner or luncheon. It is rich in mineral nutriment and is strictly basic.

Aiglon

Lettuce, tomato, string beans, truffles, parsley, capers

On a bed of julienned lettuce, place tomatoes, French string beans and truffles en julienne, mixed with a light mayonnaise, into which has been previously worked enough anchovy paste to flavor it. Sprinkle chopped capers and parsley over the top.

A la Florentine

Celery, cucumber, endive, hard-boiled eggs, lettuce

Dice the celery, endive and cucumber and mix with mayonnaise or Thousand Island dressing. Sprinkle with chopped hard-boiled eggs. Serve on a bed of lettuce.

Albee

Romaine, celery, pimentoes

On a bed of romaine place julienne celery and pimentoes in two-inch lengths. Mix with mayonnaise.

Albert I

Alligator pear, orange, endive, truffles

On leaves of endive place alternate pieces of alligator pear and orange. Scoop the alligator pear out with a spoon so that it resembles a section of orange. Lay thin slices of overlapping truffles on top. French dressing.

Albert II

Romaine, escarole and chicory, bacon, chervil, chives, tarragon

On a bed of romaine or lettuce place escarole and chicory cut in two-inch lengths. Mix in a little chopped chervil, tarragon, chives and broiled bacon. Serve in a bowl. French dressing.

Albert and Helen

Tomato, alligator pear, lettuce

On leaves of lettuce place two slices of alligator pear and two slices of peeled tomato. Place these alternately, i. e., a slice of alligator pear and then a slice of tomato. Thousand Island dressing.

AUTHOR'S NOTE: The alligator pear to be cut like a horseshoe, and the tomato to fit into horseshoe like a picture in a frame.

Alberta

Lettuce, pineapple, cream cheese, red and green peppers

Lightly roll the edge of a piece of pineapple in paprika and place on a slice of heart of lettuce. Pipe a rosette of cream cheese in the center of the pineapple. Mix separately some red peppers and green peppers with cream cheese and pipe out

as spokes, using the center rosette as the hub. Alternate the red and green spokes. French dressing passed at the table.

Albertine

Orange, grapes, alligator pear, romaine

On a heart of romaine place alternately two slices of alligator pear with two sections of orange. On top of fruit place two or three skinned, pitted and sliced black grapes. French dressing.

Alexandra I

Romaine, celery, grapefruit, nuts, olives

On a heart of romaine, place alternate rows of very fine julienned celery mixed with mayonnaise and grapefruit cut in sections. Sprinkle with chopped nuts and ripe olives. Mayonnaise or French dressing.

Alexandra II

Grapefruit, grapes, nuts, celery, lettuce

Place in white leaves of lettuce made in the form of a basket, diced grapefruit, chopped nuts and celery. Garnish with green or black grapes that have been seeded and cut in half. Mask the grapefruit, nuts and celery with mayonnaise.

Algerienne I

Celery, lettuce, tomato, chives

Place a small ripe tomato, peeled and quartered, on a bed of lettuce or romaine. Circle this with julienned celery mixed with mayonnaise. Over the top sprinkle chopped chives. Mayonnaise or French dressing.

Algerienne II

Romaine, tomato, celery

On a bed of romaine, place a ripe peeled and quartered tomato. Sprinkle over sections celery en julienne. French or mayonnaise dressing.

Ali Baba

Dates, raisins, cottage cheese, almonds, romaine, cocoanut

Use the best dates that can be bought. Mix together equal amounts of seedless raisins chopped, blanched almonds and cottage cheese. Cut dates in half and stuff with mixture; roll halves in fresh shredded cocoanut and place five halves on a bed of romaine. French dressing.

AUTHOR'S NOTE: This is an exceptionally fine salad for its dietetic value. The sugar of the date is one of the sugars that is not wholly absorbed before it reaches the colon where it is needed as food for certain friendly bacteria which have much to do in keeping the colon free from the bacteria that set up poisonous toxins in the body. The cottage cheese is especially fine for the lime, iron and calcium that it contains; the raisins for the iron and the oil as a lubricant. This salad should constitute the main part of a meal, and when eaten with whole wheat or gluten bread toasted, makes a well-balanced, economical healthful luncheon. The phosphorus will clear the brain and help make the steps livelier. And what is youth but a quick step and a clear head? Ali Baba killed off forty thieves; this salad will help kill off forty thousand which prey upon the system.

Alice

Lettuce, celery, apples

The same as Waldorf salad. On a bed of lettuce or romaine place celery and apples en julienne. Mayonnaise dressing.

Alkaloidal

See All Vegetable

Allie

Pineapple, orange, lettuce

Line a bowl with lettuce. Fill with cubed pineapple and orange mixed with mayonnaise or French dressing. Sprinkle with chopped nuts.

Alligator Pear, Stuffed

(*See Stuffed Alligator Pear*)

Alloe

Grapefruit, endive, romaine, pimentoes, olives

On two well bleached leaves of romaine place endive, cut or split into two-inch lengths, alternating with thin slices of grapefruit. Pimentoes and ripe olives chopped and sprinkled over. French dressing.

All Vegetable Alkaloidal

Lettuce, asparagus, carrots, beets, string beans, cauliflower

In a salad bowl place some shredded lettuce and line sides with well bleached leaves. Place a mixture of diced asparagus, carrots, beets and string beans on top of shredded lettuce and arrange a white rosette of cauliflower in center. Pour Thousand Island dressing over.

AUTHOR'S NOTE: This makes a fine base salad to be eaten with meats. All vegetables should be cooked separately and allowed to become ice cold before mixing. Handle vegetables very carefully so that they do not lose their shapes. Vegetables can be arranged in separate little heaps around the rosette of cauliflower and dressing poured over or passed at the table.

Alma

Orange, grapefruit, alligator pear, romaine, red and green peppers, pickled walnuts

On a slice of heart of romaine lay two pieces of quartered orange, grapefruit and alligator pear, alternated and all cut as near uniform as possible. Place two strips of red and green peppers crossed on top of fruit with two slices of pickled walnuts at the ends. French dressing.

Alphonse

Artichoke, potatoes, celery, lettuce, red and green peppers

In the center of a bed of lettuce place a large artichoke bottom surrounded by diced potatoes and celery mixed with mayonnaise. Garnish with julienned red and green peppers. French dressing.

Alphonso

Romaine, caviar, cream cheese

Pipe the center of half a romaine with a thin layer of caviar and the edges with cream cheese. French dressing.

Alpine Slaw *Cole Slaw*

Cabbage, lettuce

Shred the center part of the cabbage very fine, except the heart, and then soak in ice water for an hour, drain dry, add a little oil and vinegar, chopped caraway seed, paprika and black pepper; salt last, so that the crystals are not dissolved. Serve on lettuce or romaine. NOTE: The real Alpine slaw is made as above, only without oil or vinegar.

Alsacienne I

Potatoes, lettuce, grapefruit, nuts

In a circle on a bed of lettuce place overlapping slices of cold boiled potatoes. In the center make a mound of diced grapefruit. Top with chopped nuts. French dressing. Potatoes to be marinated in a French dressing.

Alsacienne II

Lettuce, cabbage, eggplant, celery, beets, wine herring

On a bed of lettuce, place equal quantities of julienned beets, fried eggplant (cold), cabbage and celery mixed with enough mayonnaise to bind. Garnish with small strips of fillets of wine herring. French dressing.—*By L. Domergue, Chef, Edgewater Beach Hotel.*

Amelie

Endive, apple, celery, chives

On two or three leaves of endive place thinly sliced apples cut round and arranged so that they over-lap. Jonathan apples are fine for this. Add a little finely minced celery and chives to a good French dressing and pour over. The apple can be marinated and colored by adding a little cherry coloring to the marinate.

American I

Chicory, potatoes, tomatoes, celery, chervil, tarragon, parsley, chives

(Bowl) On a bed of broken chicory place diced potatoes, tomatoes and celery; minced chervil, tarragon, parsley and chives mixed into a French dressing and poured over.

American II

Tomato, lettuce, cress

Place a slice of peeled tomato about a quarter of an inch thick on a bed of white lettuce. Sprinkle chopped cress over the tomato. French dressing.

American III

Lettuce, beans, tomato, cauliflower, cream cheese

On a bed of lettuce place a thick slice of peeled ripe tomato with the core taken out. Push the stem of a rosette of cauliflower into the hole of the tomato and around this place green string beans that have been marinated in French dressing. Pipe a little cream cheese around the edge of the tomato to hold the beans on. French dressing.

AUTHOR'S NOTE: This salad is quickly prepared, has an attractive array of colors, highly nutritious, quickly assimilated, mostly basic in composition and near enough to the red, white and blue color scheme to be called American Salad—a typical Fourth of July combination.

American IV

Cabbage, green peppers, tomatoes

Fill small mould with marinated green peppers (chopped) shredded new cabbage and diced tomatoes, mixed separately with mayonnaise. Serve on a bed of lettuce. Thousand Island or French dressing.

American Beauty

Tomato, chicory, lettuce, cream cheese, green pepper, asparagus tips, hard-boiled eggs, parsley

Peel ripe small-sized tomato. Slit tomato from top center to bottom five times, ⅛ of an inch deep, and lay back five petals. Set tomato on bed of lettuce and pipe rosettes at either side of base of petals all around tomato with cheese thinned with raw cream. Decorate each rosette with a fancy cut of green pepper. Split asparagus tips and lay half in center of petal, or a small, well-trimmed curly leaf of white chicory. Cut hole in top of tomato with a sharp pointed knife and pipe a rosette of cheese in hole. Sprinkle chopped yolk of egg and chopped parsley on top. Use a French dressing.

AUTHOR'S NOTE: The small curly sprig of chicory represents the mid-rib of petal. Stem end of sprig can be pushed into tomato to hold it in place. The chicory should be pressed flat with palm so it will lay flat on petals. Trim ends of chicory to fit petals.

American Chicken

See Kinsley's American Chicken

Anchovy

Anchovies, caviar, hard-boiled eggs, truffles, lettuce, olives, capers, lemon

On a bed of lettuce or romaine place several half fillets of anchovies and surround with small heaps of truffles, yolks and whites of hard-boiled eggs (chopped separately). Garnish

with stoned olives cut in rings. In center of the olive rings pipe a little rosette of caviar. Add chopped capers and lemon pulp to French dressing.

Andalouse

Tomato, rice, lettuce, red and green peppers, olives

On a bed of lettuce, place one slice of tomato (peeled). On top of tomato turn out a very small timbale of boiled rice which has been seasoned, and mixed with chopped red and green peppers. Garnish four sides and top of rice with olive rings. Olive rings can be placed at the base of the rice. Rice should be perfectly dry and cold before being molded. French dressing.

Andalusian I *Gaspacho I*

Onions, tomatoes, cucumbers, toasted bread, lettuce or romaine

On a bed of romaine or lettuce, alternate round thin crusts of bread (which have been soaked in oil and vinegar) with slices of peeled tomato, thin slices of Spanish onions and thinly sliced cucumbers, one or two slices of each ingredient to a salad. Finely grated and toasted bread crumbs over top. French dressing.

AUTHOR'S NOTE: Gautier said that this salad deserves a description to itself. "You pour water into a soup tureen, to this water you add vinegar, shreds of garlic, onions cut in quarters, slices of cucumbers, pieces of peppers, a pinch of salt; then you add bits of bread which are left to soak in this agreeable mess, and you serve it cold." Elizabeth Pennell in The Feasts of Autolycus adds "It should be further explained that, in the season, tomatoes are almost invariably introduced, that they and all the greens are chopped up very fine and are eaten with a spoon from a soup plate." Gautier also said "With us, dogs but tolerably well bred would refuse to compromise their noses in such a mixture. It is the favorite dish of the Andalusians, and the prettiest women, without fear, swallow at evening great spoonfuls of this infernal soup or

salad. Gaspacho is held to be most refreshing and one generally finishes by accustoming himself to it and even liking it." Gaspacho has its good points: it is pleasant to taste, piquant in its absurdity; and like all good things, Gaspacho has received that sincerest form of flattery, imitation.

Andalusian II Gaspacho II

Onions, tomatoes, cucumbers, toasted bread, lettuce or romaine

Same as above only making salad in a large salad bowl and in layers, first the crusts of bread, then the onions, cucumbers and tomatoes, seasoning each layer to taste. Garnish with bread crumbs, and sides of bowl with leaves of romaine or lettuce.

Andalusian III

Onion, cucumber, capers, romaine, red pepper

On a bed of lettuce or romaine place a slice of Spanish onion which has been soaked in cold salt water for two hours and then drained and marinated in French dressing for an hour. On top of onion, place sliced cucumbers in the form of a circle and sprinkle chopped capers in the center. Cross two strips of red pepper over the top. French dressing.

Angelus

Lettuce, pear, pineapple, bananas, celery, pepper

Place a slice of canned pineapple on salad plate and fill a whole canned pear with diced bananas and celery mixed with mayonnaise dressing. Place a thin julienne strip of green pepper on top of bell by sticking the ends into pear to form ring and garnish around base with julienned lettuce. French dressing.

Anglaise English

Lettuce, watercress, cucumbers, tomatoes, hard-boiled eggs, chives

On a bed of lettuce, or in a bowl lined with lettuce, place cress, finely sliced cucumbers, cubed tomatoes, and chopped

hard-boiled eggs. Sprinkle salad with a few chopped chives. French dressing with a little mustard added.

Cress can be left out and thinly sliced radishes added.

Anita

Tomatoes, hearts of palm, romaine, pimentoes, pickles, hard-boiled egg yolks

On leaves of romaine alternate two peeled slices of tomato with two slices of hearts of palm. Sprinkle the top with chopped pimentoes, pickles and egg yolks. French dressing.

Anna

Tomato, celery, apple, lettuce, nuts

On a slice of heart of lettuce place one small slice of tomato, peeled and cut thick. Around tomato place celery and apple en julienne, mixed with mayonnaise. Chopped nuts over all. French dressing.

Anna Held

Orange, grapefruit, romaine, walnuts, grapes

On two or three leaves of bleached romaine place alternately three sections of grapefruit and three sections of orange; three or four slices of seeded and skinned blue hothouse grapes on top of the fruit. Place four quarters of walnuts at the sides of the grapes. French dressing.

Antigue

Watercress, horseradish, bread crumbs, lettuce

Brown some bread crumbs in an oven with a little butter. Mix these in the ratio of five to one with fine grated horseradish. Sprinkle this over a mound of watercress on bed of lettuce and serve with French dressing.

Antoinette

Lettuce, pineapple

On leaves of lettuce in nest shape, place large slice of pineapple. In the hole of pineapple, place a very small heart of lettuce with connecting end left intact so it can be placed and held in shape like a flower. Dressing—Mayonnaise, tarragon vinegar and chopped chives.—*Chef E. Schlensener, Greenbrier Hotel.*

Aristocrat

Lettuce, mango, alligator pear, orange

On a bed of lettuce, place in the order named, one slice of mango, alligator pear (green side up), orange, alligator pear and continue until you have used three slices of mango, three slices of orange and six of alligator pear. The slices are to be about one-fourth of an inch thick, placed in a row and cut uniformly. Place two additional slices of mango at either side for garniture. This salad is a real aristocrat, very expensive to concoct, exquisitely beautiful and has an unusual flavor. French dressing.

This salad can also be made by cutting mango in half, removing seed and alternating slices of alligator pear, orange, mangoes or slices of fresh figs over the top of half mango. Fit slices in so they make a round topped appearance: garnish with strips of pimentoes criss-crossed. French dressing.

Army and Navy

Navy beans, potatoes, cabbage, chives or onion, bacon, lettuce

Boil navy beans and drain dry. Add an equal amount of diced boiled potatoes (cold) and finely minced raw cabbage. Mix with a good French dressing to which has been added a few chopped chives or finely minced onions to flavor it. Allow this to stand in ice box to marinate for at least two hours. Just before serving have ready some finely diced bacon. Saute bacon until well browned and mix into salad, fat and all. This imparts a very fine flavor. Serve at once on leaves of lettuce.

AUTHOR'S NOTE: Beans should be boiled slowly with onion, carrot and salt. Boil in plenty of water so that the beans have a chance to cook thru without splitting. Remove from fire as soon as done and before they break. Do not cover the pot during the boiling as this increases the temperature and breaks down the outer starch cells so rapidly that the shell peels off. If this salad could be made the day before and allowed to stand in ice box it would be greatly improved. All the ingredients are to be had in the Army and Navy messes, and during the author's three years of service this dish was served numerous times. It is a well balanced ration and should be used as the main dish for luncheon.

Adding the bacon just before serving gives the salad a real tasty flavor that it is impossible to get any other way.

Not a salad for those suffering with diabetes or for those troubled with obesity, as the starches are quickly converted into assimilative matter which produces flesh and tends to increase the sugar content of the blood. The acid generated from the starch of beans and potatoes is mostly neutralized by the cabbage base—the protein and fat of the bacon helps to make a balanced salad.

Artichoke

Artichokes, celery, lettuce, green peppers, hard-boiled eggs

Boil artichokes and separate bottoms, or use canned artichoke bottoms. Julienne these with an equal amount of celery and mix with a Lorenzo dressing. Serve on bed of lettuce in bowl and sprinkle chopped green peppers over top. Tomatoes in dice can be added, which improves the salad. Garnish with sliced hard-boiled eggs.

Artichoke Bottom Monegasque

Tomato or artichoke bottom, tuna fish, red peppers, anchovies, olives

Tomato or artichoke bottom filled with chopped tuna fish, criss crossed with red peppers and fillets of anchovies. Decor-

ate with rings of ripe or green olives. French, mayonnaise or Chatelaine Dressing.

Artichoke, Jerusalem

Artichoke tubers, lettuce, cucumbers, fines herbs

On bed of lettuce place equal quantities of thinly sliced raw artichoke tubers and cucumbers, Sprinkle with chopped herbs. French dressing.

AUTHOR'S NOTE: A delicious food: "No one should form an opinion that the artichoke can ever, or ought to, replace the potato; but on the contrary it is to be considered a valuable supplement thereto. The starch of the potato and the starch of the artichoke is entirely different. The starch and the sugar of the artichoke appear in the form of inulin and not as the starch and sugar of commerce. The sweetness of the artichoke seems to be of a character that permits it to be eaten by those who are forbidden the use of starchy foods and many who are not allowed by their doctors to eat the potato can safely eat the artichoke. It has been scientifically determined that those suffering from diabetes have been able to almost double their consumption of carbohydrates through the use of the artichoke tuber, and this without any appearance of sugar in the urine.

"Almost daily we receive letters from diabetic patients who have been recommended by the leading medical experts to supplement their ordinary diet with the artichoke tuber. Many of these letters are from children who state that they have been able to eat their first sweets and expressing great delight with their marked improvement in health and happiness. As it is estimated that there are more than a million diabetics in the United States, if, as indicated, it is possible to increase the carbohydrate foods of diabetics by nearly 100%, we are convinced that our experiments with the mammoth French White Jerusalem artichoke will be worth all the time, care and attention we have devoted to this subject during the last few years.

"During the last season we have made regular shipments of these tubers to Dr. Elliot P. Joslin of Boston, perhaps the foremost authority on diabetics, for testing on patients.

"Last winter the writer visited the United States Agricultural Department at Washington and met Dr. W. J. Spillman of the Bureau of Economics. During our conversation on Colorado agricultural products the subject of sugar beets was mentioned, when Dr. Spillman told of the great possibilities of the Jerusalem artichoke, on account of its delicious flavor, sweetness and its desirability as a wholesome food. Best of all he told me that its sugar content is nonharmful to diabetics. Dr. Spillman put me in touch with Hon. Jos. C. Sibley, of Franklin, Pennsylvania, who brought the original seed from France and was carrying on experiments jointly with the United States Agricultural Department and Bureau of Standards with the expectation of developing a product of real worth to mankind."—SIMON BITTERMAN, *Pres., Harvester Farms Co., Denver, Col., Nov. 10, 1925.*

Asparagus Vinaigrette

Asparagus, lettuce

On a bed of lettuce lay three to six pieces of asparagus tips. Work into a French dressing some chopped gherkins, capers, chives, olives and parsley. Pour over the heads of the asparagus.

Assez

Lettuce, macaroni, tomato, ham, cress

Boil the best macaroni you can buy in clean salted water, with one clove of garlic and two small onions until tender; allow to drain dry. Cool and place in ice box. When cold, cut in inch lengths. Mix macaroni with diced peeled tomatoes (without seeds), finely shredded lettuce and boiled ham. Mix with Thousand Island dressing and serve on a bed of lettuce with border of finely shredded lettuce and a small rosette of cress on one side.

AUTHOR'S NOTE: This salad should be the main dish of

the luncheon and is quite enough for any one meal, just as the name signifies (enough). It is healthful, filling, economical and well balanced. This salad is not for the diabetic or those troubled with obesity. It makes an ideal Friday salad by omitting ham and substituting a few flakes of crab meat or fish flakes. Thousand Island dressing should be mixed in before serving. In a basket formed of lettuce leaves, place a liberal helping of this salad. This will supply one with all the carbohydrates and proteins that are necessary for any one meal.

Astoria I

Grapefruit, oranges, romaine, walnuts, red and green peppers

On a bed of romaine place sections of grapefruit and oranges alternately. On top of fruit crisscross red and green peppers. At either end place halved skinned walnuts.

Astoria II

Oranges, grapefruit, pear, red and green peppers, lettuce

On a bed of lettuce place slices of orange, grapefruit and pear alternately, using six slices in all. Cut red and green peppers in strips and place alternately between the slices of fruit so that the colors show up. Mayonnaise or French dressing.

"As You Like It"

Lettuce, turkey, celery, lobster, capers, hard-boiled eggs

On a bed of lettuce, place a mixture of finely julienned white meat of turkey, finely julienned celery and finely chopped and seasoned lobster. Ingredients to be marinated in French dressing for an hour and then surplus liquid pressed out and mixed with mayonnaise and moulded out on plate. After salad is moulded out mask with a light mayonnaise and garnish with quartered hard-boiled eggs and chopped capers. Shrimp or fish flakes can be substituted for lobster.

AUTHOR'S NOTE: "In a section of an old English statute,

it was enacted that on all fish Wednesdays, one meat dish might be served at any table with every 'competent usual dish of sea-fish,' provided such fish dishes were put on the board, bonafide for actual consumption, and the flesh dishes had been refrained from until the fish dish had been honestly distributed and eaten. Punishment was provided for the abuse or disrespect of the law and violators were either whipped by the parish beadle, put in stocks or thrown into prison. The rich could avoid the fish eating on Wednesday and Saturday by the annual payment of some few pounds and the sick could obtain permission of exception by special license for eight days and for a fee of four pence, which was duly recorded by the church registrar in the church book. Hence arose the general practice of serving both kinds of viands at the same table. The fashion of serving fish before flesh arose at the same time. The taste for fish as a light and appetizing prelude to flesh gradually spread and finally found favor with the epicure and gastronomer as soon as religion and law ceased to force it down their throats."

This salad is perhaps the only one to be found in any culinary book where fowl and fish are in combination. Meats, oysters, fish are of proteid or nitrogenous composition and are digested in an acid media. This salad has a real unique flavor, is colorful and should constitute the main dish of any luncheon when served.

A composition of this kind would have gone a long way in the early Elizabethan days in keeping both sides satisfied. Hence the name as you see (like) it.

Atalanta

Orange, pineapple, red and green peppers, cream cheese, romaine

Place three sections of orange and two half slices of pineapple alternately on leaves of romaine and sprinkle with chopped red and green peppers. Chop some orange pulp and mix with cream cheese. Mould in form of a small golden apple and place on top and in center of fruit. French dressing

Atlantic Herring

Herring, veal, tongue, celery, dill pickles, apple, potato, capers, hard-boiled eggs

Take 2 salt herrings and soak in milk over night. Skin and cut the boneless herring in small dice, together with 4 ounces of roast veal, 3 ounces of pickled beef tongue, 3 stalks of celery, 2 dill pickles, 1 raw apple, 2 boiled potatoes, 1 soupspoon of capers and 2 hard-boiled eggs.

Strain the milk of the herrings through a chinese cap, add ½ cup of cream and 1 cup of mayonnaise, season with Worcestershire sauce, tarragon vinegar, mustard and ½ grated onion. Mix all together, add salt and pepper to taste.—*Carl Roessler, Atlantic Hotel, Chicago.*

Atlantic Vegetable

Lettuce, cauliflower, string beans, sprouts, peas, asparagus, carrots, turnips

In a glass salad bowl lined with lettuce and center bedded with julienned lettuce, place a rosette of cauliflower. Around flower place small mounds of freshly cooked string beans, brussels sprouts, peas, asparagus, fanciful trimmed carrots and turnips. French dressing.—*Chef Johanason, Atlantic Hotel, Chicago.*

Aurora

Chicory, beets

In a bowl lined with golden, curly chicory, place sliced strawberry beets mixed with small pieces of chicory. French or Lorenzo dressing.

Avocado

Alligator pear, tomato, lettuce

Scoop out the pear with a small parisienne scoop. Cut center slice from a peeled tomato about a half inch thick. Remove the pulp, or center, of the tomato. Place this tomato

ring on a bed of, or in a basket of lettuce and pile the balls of pear in ring in pryamid form. Use French dressing to which has been added a little lemon juice and some tomato catsup.

Baked Bean

Baked beans, sauerkraut, olives, gherkins, lettuce

Mix one-half pint of baked beans and one-half pint of chopped and squeezed sauerkraut with one-fourth pint of chopped green olives and sweet gherkins combined. Mix with Lorenzo dressing and serve in a bowl lined with lettuce.

Bamboo Shoots and Cherry

Lettuce, white cherries, bamboo shoots, green peppers, parsley

On a bed of lettuce, place equal quantities of seeded white cherries, diced bamboo shoots and green peppers mixed with a creamy mayonnaise. Add a little additional salt and lemon juice to season. Sprinkle with parsley.

Banker

Bartlett pear or Jonathan apple, pineapple, romaine, red and gold gelatin

On two large yellow green leaves of romaine cut square and pressed down flat, lay four slices of pineapple cut one inch in diameter, four slices of pear or apple three-fourths of an inch in diameter and four or five slices of alligator pear, one-half-inch in diameter; all slices to be cut with column cutter, about one-fourth inch thick. The slices to be placed in rows and slices overlapping each other. The first row pineapple; next, apple, and third row alligator pear. Place around salad to form a border, small round slices as well as rough nuggets of red and gold fruit aspic or gelatin. French dressing.

AUTHOR'S NOTE: The pineapple being golden represents the gold (a very ripe pineapple should be selected, one that has ripened under the rays of sun), then cut the length of pineapple; the pear or Jonathan apple represents the silver, and the

alligator pear represents the copper. The aspic or gelatin can be made out of jello or any first class gelatin. Instead of using one pint of water to the package, use only one-third of a pint so gelatin gets real stiff. When cold and stiff gelatin can be cut better and holds up better. Cut in small round slice and rough nuggets and make a border around salad. French dressing should be used and made with lemon juice instead of vinegar. This salad can be used at a financiers' banquet or dinner or luncheon and will bring forth a great deal of praise. Figures 1-5-10-25 can be piped on face of first slice with varied colored stiff mayonnaise to bring out the coin idea.

Slices of golden oranges can be used in place of pineapple and a stiff butter cream for piping numerals in place of mayonnaise.

Barcelonne

Lettuce, beans, beets, chives

Place in mound on leaves of lettuce or romaine, string beans and beets en julienne. Sprinkle a few chopped chives over. French dressing.

Barrett

Tomato, celery, cress, pineapple, lettuce, nuts

On a bed of lettuce made in form of basket, place a small red, ripe, peeled tomato, scooped out. Fill tomato with finely julienned celery and pineapple, which has been mixed with mayonnaise. Garnish with two rosettes of watercress at either side of tomato and chopped nuts on top.

Base

Endive, carrots, beets, watercress, hard-boiled egg yolks

On two or three leaves of endive place a good-sized round slice of red beet. In the center of the beet place slice of a yolk of hard-boiled egg. Overlapping this place a large slice of boiled carrot, and in the center of the carrot place a slice of egg yolk. Repeat this, using in all two slices of beet and carrot and four of egg yolk. On each side of these place a little rosette of

watercress. Cut the egg with a cutter so that all the slices are uniform. French dressing passed at the table.

AUTHOR'S NOTE: Every acid seeks a base or alkali to neutralize it. Unless the acids that are generated daily are neutralized, disease follows. After eating meats, all of which are acid-forming, this salad will help to neutralize the acid, as the composition is basic; hence the name.

This makes a very fanciful salad, pleasant to the eye and a real aid to digestion. It is light and can be eaten with any kind of meat with beneficial results. It is also a very good salad for the children. The whites of the eggs are left out because they are acid-forming, on account of the albumen or proteids. The egg yolk yields a great amount of iron and causes an alkaline reaction.

Basto

Escarole, celery, green peppers, apples, lettuce

Line a bowl with lettuce and break in one inch lengths of escarole. Add equal quantities of julienned celery, apples and green peppers. Viniagrette sauce.

Baugh

Fresh figs, cherries, cream cheese, strawberries

On a bed of lettuce place a peeled, whole, fresh fig, cut through center (not severed) laying fig flat in center of lettuce. Garnish fig with four whole black cherries stuffed with cream cheese and white raisins. Cherries to be placed at four sides. Place three slices of cherries and three of strawberries on top of fig alternately. French dressing.

This is a very attractive, healthful and aristocratic salad.

Beach Club

Grapefruit, cherries, lettuce

Fill a small scalloped shell of grapefruit with shredded lettuce and diced grapefruit, mixed with mayonnaise. Decorate top with halved cherries. Serve on leaves of lettuce.

Beach Walk

Chicken, ham, tongue, celery, hard-boiled eggs, lettuce

In a bowl lined with lettuce, place equal quantities of shredded chicken, ham, tongue and celery, mixed with Thousand Island dressing. Garnish with quartered hard-boiled eggs.

Beacon

Apples, pineapple, celery, romaine

Place on leaves of romaine, apples, pineapple and celery en julienne mixed with mayonnaise, or Lorenzo dressing.

Beatrice

String beans, beets, lettuce

On a slice of heart of lettuce or leaves of romaine place some marinated de luxe string beans (diced). In a circle around the beans place slices of red beets, all the same size, overlapping each other. French dressing.

Beet and Endive

See Endive and Beet

Belgian

Lettuce, endive, pimentoes or Edam cheese

On leaves of lettuce place some well-bleached Belgian endive, broken into two-inch pieces. Add some diced pimentoes to a good French dressing and pour over. Pimentoes can be dispensed with and a little grated Edam cheese added to the French dressing.

Belle

Oranges, strawberries, endive

On a bed of well-bleached leaves of endive or romaine place six sections of orange. On top of orange place six slices of strawberries, and in the center a whole berry. French dressing.

Belle Fermiere

Lettuce, pear, watercress, bar le duc, cream cheese

Place on leaves of lettuce a half pear with the round side up. Pipe cream cheese rosettes around the base of pear and a small rosette on top in the form of a nest. Fill the nest with bar le duc. Place a bouquet of cress at either side of the pear. French or Lorenzo dressing.

Belvedere

Escarole, chicory, beets, apples, lettuce

Line a bowl with lettuce and add broken chicory and escarole in equal quantities, making a good bed. Slice apples and beets very fine and of equal size. Place a row of beets and apples in center and make a circle of beets and apples around center row. French dressing, Lorenzo or mayonnaise. Center row to contain two slices of beet and two of apple placed alternately.

Bellevue-Stratford

Apples, grapes, celery, lettuce

On a bed of lettuce or romaine place apples and celery in fine julienne mixed with a creamy mayonnaise. Decorate top with seeded hot-house grapes sliced and placed in a ring. Place one whole seeded grape in the center. (See Brisbane.)

Belmont No. I

Lettuce, celery, apples, red and green peppers

On a bed of lettuce place a mound of celery and apples mixed en julienne, crisscross top with red and green pepper. Garnish with a stiff mayonnaise around base. French dressing.

Belmont No. II

Lettuce, celery, apples, pears, green and red peppers

Place on a bed of lettuce, equal quantities of celery, apples, pears, red and green peppers julienned or diced and mixed with

mayonnaise. This salad can be masked with a stiff mayonnaise and garnished with fanciful cuts of pimentoes.

Betsy Ross

Lettuce, endive, tomato, green peppers, pimentoes hard-boiled egg whites

On a bed of lettuce, place half lengths of endive and on top of endive place a slice of peeled tomato. On top of tomato place a small American flag made out of a square of green pepper for upper left hand corner of flag. Cut diamonds of whites of eggs to make stars and place on green pepper background. Make strips out of red pimentoes and whites of eggs. The standard pole is made out of pimentoes. French dressing. Inclose stripes with a julienned green pepper border.

Biarritz

Celery, pimentoes, lettuce

On a bed of lettuce, made into a basket, place diced or shredded celery and pimentoes. French dressing.

Bijou, No. I

Lettuce, cherry tomatoes, asparagus tips, green peppers, chives

Mix halved cherry tomatoes, diced green peppers and asparagus tips cut small. Place in a heart of lettuce made into form of a basket. Sprinkle chopped chives over top. Thousand Island dressing or mayonnaise.

Bijou, No. II

Lettuce, cherry tomatoes, orange

In a heart of lettuce formed as a basket arrange some halved, peeled red ripe cherry tomatoes and cubes of orange. serve ice cold. French dressing.

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BLACKSTONE

Romaine, apples, celery, orange, grapefruit, red and green peppers, pimentoes

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BREAKFAST SALAD

Lettuce, boiled ham, scrambled eggs, tomato

Biloxi

Honey-dew, watermelon, orange, lettuce, cream cheese, lemon

On a bed of well bleached lettuce leaves, place three slices honey-dew melon alternated with three skinned sections of orange. The honey-dew is to be cut about the same size as the orange. Place these in a row. (Cut the honey-dew melon at least two hours beforehand and squeeze lemon juice over it and allow to stand in ice box). Place a rosette of cream cheese at the top, ends and both sides of the row of fruit. Scoop out a piece of watermelon with a parisienne scoop and quarter this. Place one piece of the melon on top of each rosette of cheese, with the round side down, so as to look like a cut of watermelon. French dressing.

AUTHOR'S NOTE: Biloxi salad is a light, delicious, healthful and colorful composition, and is named after the place near where the new Edgewater Gulf Hotel is to be erected. Biloxi is a picturesque, healthful and colorful spot and in this respect on a par with the salad.

The salad has a real dietetic value. It is a solvent, as most salads are, and has a feeble acid which is quickly neutralized. It can be served to children to an advantage—good for the diabetic as well as for the stout. With a heavy dinner, it is ideal and as a light luncheon or afternoon salad cannot be improved upon. Squeeze a little lemon juice over honey-dew before serving. Use lemon in French dressing instead of vinegar.

Birch

Lettuce, calf's head, celery, tomato, eggs, beets

On a bed of lettuce, place equal quantities of diced, boiled, cold calf's head, celery, tomatoes, and hard boiled eggs, mixed with mayonnaise made with lemon juice instead of vinegar. Season calf's head well before adding mayonnaise—Garnish with quartered pickled beets.

AUTHOR'S NOTE: Samuel Birch was the first purveyor of turtle soup in London and, at his famous Cheapside Pastry

Shop, epicures came from all sections of the town to take their mid-day lunch and to enjoy a plate of his famous turtle soup. Birch was often called Marshall Tureen, and in 1815 was elected Lord Mayor of London.

Blackeyed Susan

Lettuce, orange, cream cheese, pickled walnut, hard-boiled egg yolks

On a bed of lettuce, arrange several sections of orange like the blackeyed susan. In the center place a ball of cream cheese and cover cheese with a slice of pickled walnut. Sprinkle walnut with chopped yolks of eggs. French dressing.

Blackstone

Romaine, apples, celery, orange, grapefruit, green pepper, pimentoes

On a half head or third head of romaine (depending on size) place equal parts of chopped apple, grapefruit, celery and a very little chopped green peppers, spread on top of romaine and cover with mayonnaise. Decorate with small strips of pimentoes and green pepper, and small slices of sections of orange. (See illustration opposite page No. 26.)—*Frederick H. Muller, chief steward and purchasing agent, Blackstone and Drake Hotels, Chicago.*

Blair

Apples, radishes, olives, lettuce, celery, cream cheese

On a bed of lettuce, place some finely shredded celery, apples and radishes mixed with a creamy mayonnaise. Decorate with olive rings and in the center of the olive rings place a rosette of cream cheese. French dressing.

AUTHOR'S NOTE: This is a light, delicious luncheon salad and is composed from the ingredients appearing in the following poem, taken from the Great Northern R. R.'s "Kiddies Book" (with additions by the author).

BLAIR SALAD

The celery has manners decidedly crisp,
He stalks with a dignified air,
The radish appears to be very well red,
The olive is green,
But why should he care?
They're mixed in a salad in center of dish.
Near the Roast on Blair's Bill of Fare.

Bohemian

Tomato, lettuce, hard-boiled eggs, red and green peppers

On a bed of lettuce or romaine place a small, red, ripe, peeled tomato. Quarter it and sprinkle over with chopped red and green peppers, whites and yolks of hard-boiled eggs. Alternate the color in each section, i. e., green, red, white and yellow. French dressing.

Boiled Leek

Lettuce, leek

Boil young leek (whole) until tender in a good, well-seasoned chicken broth to which a little lemon juice has been added. Allow to cool. Drain well and arrange two whole leeks on a bed of lettuce. Serve with French dressing or mayonnaise. Trim leeks so that they are not over 4 inches long. They can be split or cut in half.

Bombay

Lettuce, mangoes, rice, red and green peppers

On a bed of lettuce, place six slices of mangoes with a little cold boiled rice sprinkled over the top. Garnish with red and green peppers crisscrossed. Indian dressing.

Bomburgien

Chicory, orange, brandied cherries, cherry tomato

On the bleached leaves of the heart of chicory cut into two-inch pieces, place three skinned sections of oranges. On

one end of orange sections place four slices of black brandied cherries and on the other end four slices of white brandied cherries; place a cherry tomato on top of oranges in center. French dressing.

Bon Ton

(*See Princess I*)

Bordeaux

Lettuce, celery, parsley, green and red peppers, hard-boiled eggs, garlic, olives

Rub a small crust of bread with garlic and place in the bottom of a bowl. On top of this place a bed of shredded lettuce and line the sides of the bowl with white leaves of lettuce. Mix finely shredded celery, cut in one-inch lengths with chopped green olives and red and green peppers and mayonnaise. Fill salad bowl and garnish with quartered hard-boiled eggs and chopped parsley.

Brazil

Alligator pear, pineapple, bananas, red and green peppers, lettuce

Scoop out half an alligator pear and line with small, fine, white leaves of lettuce and fill it with equal quantities of diced alligator pear, pineapple and bananas, mixed with sour cream dressing. Garnish with fanciful shapes of red and green peppers.

Brazilian

Celery, apples, grapes, pineapple, walnuts, lettuce

In a bowl lined with lettuce, place equal quantities of finely julienned celery, apples and pineapple, mixed with a mayonnaise. Garnish top with seeded white grapes halved and quartered walnuts.

Brazilienne

Lima beans, green peppers, celery knobs, chervil, lettuce

Line a bowl with lettuce and in the bottom place shredded lettuce mixed with a little chervil. Lay in rows, separately, equal amounts of shredded green peppers, lima beans and shredded celery knobs, or, mix all together with mayonnaise and serve on a bed of lettuce. French dressing; or Lorenzo dressing with the first arrangement.

Breakfast

Lettuce, boiled ham, scrambled eggs, tomato

On two or three well bleached leaves of lettuce place a center slice of peeled tomato about a half inch thick. In the center of tomato place some scrambled eggs and on top of the eggs place three very thin slices of boiled ham, cut with a one-inch column cutter, and then cut in half again, making small horse-shoe cuts. Lay the ham on top of the eggs in a row. French dressing.

AUTHOR'S NOTE: This salad gets you away from the usual hard-boiled eggs and if handled correctly makes a very desirable salad. The eggs should be whipped with a little cream before being scrambled. Allow the eggs to cool before making up into the salad. The green, yellow and red are very attractive colors which start the gastric juices on sight. The salad can be used when breakfast is served about eleven o'clock, the early breakfast being eliminated and a combination breakfast-luncheon taking its place.

Iced cantaloupe, Breakfast salad, toasted gluten bread or bran muffins with cocoa or milk make an ideal breakfast-luncheon; quickly assimilated, well balanced and healthful. Scramble the eggs so they form pretty yellow balls not too large; this can be done by using a fork and stirring constantly while eggs are cooking. An additional border of ham horse-shoes can be placed around edge of base of tomato—flat edge

of horseshoes to just touch edge of tomato, making a scalloped border which is very effective. The additional ham adds a little more protein to the salad. (See illustration opposite page No. 26.)

Bresslieu

Celery knobs, lima beans, lettuce, green and red peppers

Mix equal parts of diced celery knobs with lima beans and mayonnaise and place on a bed of lettuce. Sprinkle with chopped green and red peppers.

Bretonne

Lettuce, tomatoes, beans, chives, hard-boiled egg yolk

Line a bowl with bleached leaves of lettuce. In the center place some diced, peeled ripe tomatoes. Around the tomatoes place boiled navy beans. Sprinkle a few chopped chives over the beans and a few chopped egg yolks over the tomatoes. French dressing or mayonnaise. Tomatoes and beans can be mixed with shredded lettuce and served on a plate.

Bride's

Lettuce, apple, pineapple, orange, grapefruit, nuts

On a bed of lettuce place a small Jonathan apple which has been peeled, scooped out and boiled for a few minutes in a simple syrup with red cinnamon hearts to color. Fill apple with diced pineapple, oranges, grapefruit and nuts. Garnish base of apple with shredded lettuce. Mayonnaise or Maiden Blush Dressing.—*D. V. Lazsko, maitre d'hotel, Edgewater Beach Hotel*

Bride's Luncheon

Turkey or capon, celery, almonds, rice, lettuce

To equal quantities of shredded celery and white meat of turkey or capon, add some blanched and finely shredded almonds. Mix with a creamy mayonnaise made with lemon juice instead of vinegar. Season turkey before adding mayon-

naise. Mould out into a bowl lined with lettuce, or on a plate and sprinkle over top whole, perfect kernels of steamed rice. This salad can be garnished with nasturtium buds.

Brisbane

Celery, apples, grapes, lettuce

In a bowl lined with lettuce, place apples and celery cut in fine julienne and mixed with mayonnaise. Garnish top with muscat grapes, seeded and halved. (See Bellevue-Stratford).

Buena

Pineapple, orange, pears, bar de luc, lettuce, cream cheese

On leaves of lettuce, place a slice of pineapple, on top of pineapple place a thin slice of orange and on top of orange some finely chopped pears. Around edge of orange pipe a little cream cheese and in a nest of cream cheese in center place some bar le duc. French dressing.

Buenos Ayres

Lettuce or romaine, alligator pear, cucumbers, Brazilian nuts, green peppers

On two or three leaves of well-bleached lettuce or romaine place four slices of alligator pear. Between each slice of pear place a few sliced cucumbers, over-lapping so that the green edge of the cucumbers shows up against the yellow background of the pear. Arrange chopped Brazilian nuts on one side of the pear and chopped green peppers on the other. French dressing.

Buff

Tripe, rutabagas, lettuce, chives

Boil tripe and cut en julienne, marinate and mix with julienned rutabagas. Sprinkle with very finely chopped chives. Serve on a bed of lettuce. Vinaigrette sauce.

AUTHOR'S NOTE: Young rutabagas or yellow turnips to be cooked until just barely done and cut in three-inch julienned

strips. The tripe to be marinated and cut the same length as rutabaga. Rutabagas and tripe can be crisscrossed three or four layers high—a layer of tripe, then a layer of rutabagas, four or five pieces to a layer; or tripe and rutabagas can be diced and mixed together.

Salad should be eaten with toasted whole wheat or gluten bread, and is quite enough for luncheon. Chives can be added to the vinaigrette sauce, which gives an added zest.

"To eat foods of buff colors and dress in buff was Jure Divino?"—1660.

From this we may infer the fondness of the times for buff color when lived that whimsical Captain Buff.

"Nothing could please him but buff: buff shirt, band boots all buff, and he dwelt in a buff bungalow (budget) like Diogenes in his tub, would eat nothing but tripe because it looked like buff."—(*Baynard's History of Cold Bathing, pp. 18*).

See Hudibras (Butler), 1793. This recipe taken from the time when Mr. Pepys wrote his diary.

The author has made up the salad many times and while the rutabagas give the salad a slightly bitter taste it is one that will please most people after the first trial. The tripe should be thoroly scrubbed and washed and boiled until tender with onions, clove of garlic, a few cloves and salt.

Butterfly

Banana, pineapple, fruit gelatine, ripe olives, capers, lettuce or romaine

Split a small banana lengthwise and place half of the banana on leaves of lettuce or romaine. On either side of the banana place half a slice of pineapple with the rounded side toward the banana, so as to form the wings. Garnish the wings with chopped red and yellow fruit aspices or fruit gelatine. Garnish the banana with chopped ripe olives and capers. Two green capers to make eyes. French dressing. Keep salad ice cold. Do not remove from ice box until ready to serve. Banana should be dipped in lemon juice to keep it from turning black.

Bysance

Apple, grapefruit, lettuce, truffles

Fill a half heart of lettuce with equal quantities of finely sliced Jonathan apples and grapefruit mixed with a creamy mayonnaise. Place three slices of truffles on top of fruit.

Cabbage I

Cabbage, green and red peppers, lettuce

Shred tender green and white cabbage leaves very fine. Mix with green and red peppers finely julienned and a creamy mayonnaise. Allow to stand in ice box about three hours. Add a little additional vinegar, salt and white pepper and serve on lettuce leaves.

Cabbage II, Cooked

Cabbage, tomato, anchovies, gherkins

Steam or boil small head of new cabbage. Cut in eighths or sixths. Allow the pieces to retain their shapes as much as possible. Do not boil fast and do not cover pot while boiling. Keep as green as possible. Allow to cool and drain. Place a small section of cabbage on plate and season with a little salt. Place two slices of ripe peeled tomato on cabbage and pour over a French dressing to which has been added some chopped gherkins and anchovies.

AUTHOR'S NOTE: Cabbage is one of the leafy vegetables which should be eaten by people suffering with diabetes, as well as those who wish to reduce. Cabbage is good for young and old, cooked or raw. This salad is an attractive one and is highly nutritious. The anchovies can be dispensed with and a little anchovy sauce added to French dressing.

Cabbage III

Cabbage, watercress, lettuce, chili sauce

Shred cabbage finely, salt and add a good French dressing. Allow to stand two or three hours. Mix in a little chili sauce.

Add last some chopped watercress and serve on leaves of lettuce.

AUTHOR'S NOTE: This is a very healthful, simple salad. It is pleasing to the eye and can be served with any cold meats to advantage. As a relish with fried oysters or as an accompaniment of sandwiches it is ideal. With the addition of cucumbers it makes an excellent filling for tomatoes.

Cafour

Romaine, lettuce, celery, pineapple, red and green peppers

Place on bed of romaine or in a bowl lined with lettuce, celery and pineapple in fine julienne mixed with mayonnaise or Thousand Island dressing. Garnish with green and red peppers.

California

Dates, raisins, figs, lettuce, cream cheese, pimento, lemon juice

Chop dates, white seedless raisins and figs into very fine pieces. Mix with a little lemon juice, French dressing and cream cheese, and roll in lettuce leaves. Cut rolls in three-inch pieces and serve two or three on a bed of lettuce. Garnish by piping a little rosette of cheese on top of each roll, and decorating cheese with a fancy cut pimento. French dressing.

AUTHOR'S NOTE: This is a highly concentrated food and should be served as the main dish at a luncheon. The iron content is high. The sugar of dates and figs is invaluable as an aid in clearing the colon of certain poisonous bacteria. If foods rich in iron were more generally used, the body would not be so likely to get into a condition requiring the prescribing of certain tonics. Rolls should be no thicker than one's finger—see that leaves do not break when rolling.

Calve

Beets, chicory, escarole, celery, truffles, hard-boiled egg whites

On a bed of broken or finely julienned escarole and chicory, place equal quantities of beets, celery, whites of eggs and truffles cut in julienne. Fines herbes added to a good French dressing.

Camand

Lettuce, beets, celery, cress, red peppers

Place on bed of lettuce, sliced strawberry beets in a circle overlapping each other, place julienne celery and red peppers in a mound in center, garnished with two rosettes of cress. French dressing.

Candlestick

(*See Night Cap,*)

Cantaloupe

Cantaloupe, lettuce

Pare and quarter cantaloupe. Slice pieces one-fourth-inch thick and three inches long. Marinate in a good French dressing for two hours. Arrange 4 or 5 slices on bed of romaine or lettuce and serve with French dressing. A little salt can be sprinkled over cantaloupe just before serving. Cantaloupe can be served without marinating. Lemon juice to be used instead of vinegar in French dressing.

Canton

Lettuce, alligator pear, grapefruit, pimentoes, nuts

On a bed of lettuce, place three sections of grapefruit and three slices of alligator pear alternately, pimentoes crisscrossed over fruit and chopped nuts over top. French dressing.

Capon

(*See Chicken Salad*)

Caprice I

Lettuce, pineapple, tomato

Place a slice of pineapple on bed of lettuce; then a quartered, peeled, ripe tomato on top of pineapple. Creamy mayonnaise or French dressing. Tomato to be quartered but not cut apart at bottom.

Caprice II

Lettuce, pineapple, tomato, red and green peppers

Same as No. 1 only pineapple is julienned and sprinkled over quartered tomato and garnished with red and green peppers.

Caprice III

Lettuce, tomato, orange

On a bed of lettuce, alternate sections of tomato peeled with sections of oranges, as nearly uniform as possible. French dressing.

Caprice IV

Romaine, orange, pineapple, pear, grapes, bar le duc, cream cheese

On a leaf of romaine, place a slice of pineapple. In center make a nest out of cream cheese and in nest place a little bar le duc. On one side of nest and on top of pineapple, two sections of pear, and on the other side of nest two sections of orange. Place a half hot-house grape on top of orange and one on top of pear. French dressing.

Cardinal I

Lettuce, beets, hard-boiled eggs, beef, cress, pimentoes

Place a small mound of red beets, hard-boiled eggs, pimentoes and cold boiled or roast beef diced, in a bowl lined with lettuce, and all ingredients mixed with mayonnaise. Garnish with two rosettes of watercress, four quartered strawberry beets and top center of salad with a small pimento chapeau.

Cardinal II

Endive, beets, pimentoes

On leaves of endive, place equal quantities of endive and beets in a fine julienne. Garnish with pimentoes. French dressing.

Carleton

Lettuce, alligator pear, tomatoes, grapefruit, asparagus tips, black olives or truffles

On a bed of lettuce, place a small hollowed-out and scalloped-edged half of grapefruit. Fill grapefruit with equal amounts of diced alligator pear, tomatoes and grapefruit. Dividing lines making a triangle separating ingredients to be made with julienned truffles or ripe olives. Place a rosette or festoon of three asparagus tips in center so that heads stand straight up. French dressing.

Carmelite

Beets, lettuce, onions, anchovies, hard-boiled eggs

In a bowl lined with lettuce place equal quantities of strawberry beets, Bermuda onions, and boiled eggs diced. Mix with a Thousand Island dressing which has had some chopped anchovies added.

Carolina

Grapefruit, endive, bananas, pimentoes

On a bed of endive, place five sections of grapefruit. Place one slice of banana between each section of grapefruit in a slanting position and in a row thru center. Strip with pimentoes or make a border of chopped pimentoes at both ends of fruit and crisscross top. French dressing.

Caroline

Endive, grapefruit, bananas, red and green peppers

In a bowl lined with French endive, place cubed grapefruit and bananas cut much the same size. Garnish with green and red peppers. French dressing. Dip bananas in lemon juice to keep from turning black.

Carrot

Carrots, cream cheese, lettuce

On a bed of lettuce, make a circle of thinly sliced boiled and highly colored carrots, overlapping each other. In center place a rosette of cream cheese made in form of a nest and nest filled with very finely chopped raw carrots. Lorenzo dressing.

AUTHOR'S NOTE: Make the circle of carrot-rings nest closely to center and make the mound of chopped carrots rather high and entirely covering cheese. This is a very healthful salad and can be eaten by children as well as adults with beneficial results. Carrots are high in mineral content, are alkaline and strongly recommended by doctors.

Carrots are rich in fat soluble vitamin A.

"Fred Wendell, who makes the menus for the Fred Harvey dining cars, is a lover of simple salads. Speaking of his preferences, he said 'In my family we have carrot salad once a week religiously. It is one of the best, most enjoyable and most wholesome salads, in my opinion. There are two kinds of carrots, the tapering and the blunt. The blunt are the sweetest, and the kind we use. We peel them thinly and slice the raw carrots in rings about the size of half a dollar, and as thin as paper; mix in a little chopped chives or parsley and place them on a bed of lettuce, then pour on French dressing. It is so good you want a second helping. The carrots are obtainable all the year. If the carrot rings are too large the carrots may be split and the halves shredded.' "—*From The Hotel Monthly.*

Carrot and Radish

Lettuce, carrot, radishes

On a bed of lettuce place equal quantities of grated carrot and radishes. Season with a little salt and pepper. Carrots and radishes can be placed into a mould and moulded out on leaves of lettuce.

Casino

Chicory, escarole, alligator pear, orange, red and green pepper, grapefruit, honey

Place on bed of chicory or escarole two slices of alligator pear, two sections of orange and two of grapefruit alternately. Garnish each end with one-fourth of an individual comb honey and crisscross red and green peppers over fruit.

Casanova

Romaine, celery, hard-boiled eggs, chervil, eschalots, pimentoes, tarragon

In a bowl lined with romaine or lettuce, place equal amounts of shredded celery, pimentoes and whites of hard-boiled eggs. Add minced eschalots, tarragon and chervil to a Thousand Island dressing and serve. Truffles can be added to the salad.

Celery

Celery, green and red peppers, lettuce

White part of celery thoroughly washed, dried and cubed in one-fourth-inch pieces. Celery mixed with mayonnaise and chopped red and green peppers and served on a bed of lettuce.

AUTHOR'S NOTE: Celery can be marinated in a French dressing for several hours and drained and then mixed with mayonnaise. After celery has been marinated it loses some of its crispness as well as the whiteness. Celery furnishes roughage and imparts bulk to certain salad combinations which would otherwise be too concentrated. The full value to one pound of celery would only be about 65 calories. The composition of celery is about 75.7 per cent water, 20 per cent cellulose, 2.6 per cent carbohydrate, .8 per cent ash and .9 per cent protein. Celery is low in nutritive value because of its high water content as well as its high percentage of cellulose. However, in .8 of one per cent ash there are valuable minerals, and combined with the dressing, which is highly concentrated, you

have an excellent balanced salad. Thorough mastication is necessary to bring health—the greater the time spent in mastication of food, the less food you desire. This salad is good for young and old and is a real health salad. Celery salad mixed with a mineral oil mayonnaise is a real luncheon item for obeseness.

Celery Cabbage

Celery cabbage, lettuce

Cut young celery cabbage in pieces about one inch thick straight across heart and arrange two or three slices on a bed of lettuce. Season and garnish tops with fanciful cut beets. Add a little Major Gray's chutney to mayonnaise base No. 1 and serve.

Celery Hearts

Lettuce, celery, Roquefort cheese, chives, red peppers

On a bed of lettuce, place six- or eight-inch pieces of stuffed celery. Mixture for filling to be made of Roquefort cheese rubbed thru a fine sieve and mixed with chopped chives and raw cream. Celery to be filled and then cut in pieces. Garnish each cube with fanciful cut red peppers. French or Lorenzo dressing.

Celery Knob

Celery knobs, romaine

Place some very finely cut slices of young celery knobs in ice-cold salt water for an hour or two, and then marinate them in a good French dressing at least two hours. Arrange on a bed of romaine slices overlapping and in two or three rows and serve. French or Lorenzo dressing.

Celery Parisienne

(*See Celery Hearts*)

Celery and Watercress

(*See Watercress and Celery*)

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CRINOLINE

Lettuce, apple, pear, tangerines, cream cheese, pineapple, almonds, red and green peppers, strawberries

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DIXIE II

Tomato, corn, lettuce, red and green peppers, cress

Charles Lamb

Roast pork, lettuce, apples, capers, hard-boiled eggs

In a bowl lined with lettuce, place equal quantities of finely julienned cold loin of pork (without fat and seasoned), shredded lettuce or celery and eating apples mixed with mayonnaise. Garnish with capers and quartered eggs.

AUTHOR'S NOTE: While Charles raved about roast young pig, he knew (Rien du tout) about this salad, if he had known that the scraps from his roast pork could be turned into a dish equally as meritorious, a dissertation upon a salad or salad maker, I am sure, would have resulted. In Charles Lamb's essay on Roast Pig, I find "of all the delicacies in the whole Edibilis, I will maintain it to be the most delicate princeps absoniorum."

Ho-ti and Bo-Bo as well as judge and jury were of the same mind, but they knew the salad *not*. A salad of grass or herbs and dipped in salt was the salad of Ho-ti and Bo-Bo's time and the salads of Charles Lamb's time were but little improved.

Chatelaine

Beets, romaine, asparagus, cress

Place on a bed of romaine four or five spears of asparagus tips. Place five or six small slices of pickled red beets overlapping each other and starting on one side of asparagus and covering grass straight over center like a bridge, tips of grass and ends showing. Place four rosettes of cress, two at either side of beets, and close to asparagus tips. French dressing.

Chef's Special

Romaine, endive, grapefruit, pineapple, olives, cream cheese, pimentoes

On a bed of romaine and half lengths of endive, alternate sections of grapefruit and pieces of pineapple (as near size of grapefruit as possible), a length of endive to flank either side of

fruit and garnished with a thinned cream cheese, piped into hollows of endive. Decorate with fanciful cuts of ripe olives and pimentoes. French dressing.—*Chef Johanason, Atlantic Hotel, Chicago.*

Chelsea

Lettuce, pear

On a bed of lettuce, place a sliced half of Bartlett pear. Sour cream dressing.

Cherry and Bamboo Shoots

(*See Bamboo Shoots and Cherry*)

Chiaroscuro

Orange, peach, cress, lettuce, strawberries

On a bed of lettuce well bleached and nearly white, place four slices or sections of peaches and four of orange alternating. Cut peach sections into the stone and much the same size as orange sections. Turn the round side of orange up and the round side of peach down. This will give a contrast of color. Circle the orange and peach with a border of very dark green leaves of watercress. Cress must be young and fresh. This gives contrast between the light shade of lettuce and green of cress and the light of fruit against the green background, as well as the contrast in the two colorful fruits, light and dark. French dressing.

AUTHOR'S NOTE: Chiaroscuro is the beauty of light in the richness of shade. This salad can be made very attractive and really is an artist's salad. The tops of fruit can be decorated with slices of deep colored berries. The salad has a bitter taste due to the peach. French dressing should be made with lemon juice instead of vinegar to overcome this as the lemon is truly assertive.

Chicken

Chicken, celery, capers, hard-boiled eggs, lettuce

Diced cold-boiled fowl added to an equal amount of diced celery. The celery to be the inner stalks and thoroughly cleaned and cut in one-fourth-inch pieces; chicken in half-inch cubes. Chicken should be marinated a short while in oil, vinegar, salt and white pepper, then drained and mixed with celery and mayonnaise. Turn out of mould and serve in bowl lined with lettuce. Garnish with capers and hard-boiled eggs.

AUTHOR'S NOTE: Chicken should be cut large enough so that guests can see that it is chicken and only the white meat should be used, as it makes a better appearing dish. The dark meat can be used in many other ways. Meat should not be mashed or crushed, but should hold its cubed form in order to look tempting. Salad should be made fresh daily as the celery as well as chicken loses its cast and detracts from its appearance.

The above is the Author's version of how to make a worthwhile chicken salad. Turkey and capon salad to be made the same way.

Chicken 1683

Chicken, anchovies, capers, lemon

Take a breast of an hen or capon and slice as thin as you can in steaks, put them in vinegar and a little sugar, as you think fit; take six anchovies and a hand full of capers, a little long grass and mince them together but not too small; strew the sallet, garnish then with lemons, oranges, or barberries, so serve it up with a little salt.—*The Complete Cook; The Queen's Closet Opened, 1683.*

Chicken

(See Kinsley's American Chicken)

Chicken, Frozen

(See Frozen Chicken Salad)

Chicory

Chicory, lettuce, chervil, garlic

Clean chicory well and drain perfectly dry. Line a bowl with lettuce and place a little crust of bread in bottom of bowl which has been previously rubbed with garlic. Break in chicory with your fingers in small pieces and mix in a little chopped chervil and tarragon. Pour on leaves all the oil they will hold and mix thoroughly. Allow salad bowl to remain in ice box until ready to serve, then mix a little tarragon vinegar and just enough salt and freshly ground pepper to taste, toss with wooden fork and spoon and serve. Proportion of oil to vinegar, 3 or 4 to 1.

AUTHOR'S NOTE: An herb salad is necessary for its alkalinity as an aid in neutralizing acids generated in the body and for its wonderful aid to digestion. Chicory salad made with pure olive oil brings out the flavor with a velvety smoothness; the nutty flavor of the oil combines with the bitterness of the herb; the tarragon vinegar and salt breaks down the connective tissues, and the freshly ground pepper in connection with the vinegar and that faint suspicion of garlic gives you a flavor that is fit for the gods. Oil will not cling to the leaves which are full of water, so have them perfectly dry.

Chifenora (De l'Opera)

Lettuce, endive, celery knobs, pimentoes, field salad

Place on bed of lettuce, julienned endive, celery knobs and pimentoes. Add a few sprigs of field salad as a garniture. French dressing.

Chiffonade I

Lettuce, celery, chicory, romaine, tomatoes, cress

Line a bowl with lettuce and break in small pieces of chicory and romaine, short and long pieces of julienned celery, and quartered or eighthed peeled ripe tomatoes. Garnish sides of bowl with rosettes of cress. Pour over a chiffonade dressing.

Chiffonade II

Chives, chicory, romaine, beets, hard-boiled eggs, tomatoes, lettuce, cress, parsley

On a bed of broken pieces of lettuce, chicory and romaine, place little mounds of chopped beets, whites and yolks of hard-boiled eggs, and small cubed ripe tomatoes. Garnish with a rosette of cress. Add a few chopped chives and a little chopped parsley to French dressing and serve.

Chilian

Lettuce, apples, celery, pimentoes, chives, tomatoes, parsley

Line a salad bowl with lettuce, and fill with apples, celery and pimentoes cut in julienne, mixed with a mayonnaise; garnish with chopped parsley, chives and quartered tomatoes. Mix chili sauce with mayonnaise.

Chinese I

Lettuce, mangoes, oranges

Place on bed of lettuce three slices of mangoes cut like sections of oranges, and three sections of oranges alternately. French dressing.

AUTHOR'S NOTE: Mangoes are extremely rare and hard to get. The author tries many times to get them during the season, which is in early July to late September, and is successful only four or five times a season. He has paid as much as $1.50 apiece for them. The Chinese buy them up as fast as they come in and will generally pay most any price to get them. They are of excellent flavor and make one of the finest salads that he knows of.

The mangoes are esteemed as one of the most delicious of tropical fruits. Like the apple of the temperate zones it varies greatly in shape, size, color and flavor; sometimes large and luscious, sometimes small, tough, stringy and tasting like turpentine.

Mangifera indica, a genus of Asiatic trees.

Chinese II

Lettuce, tomato, pineapple, oranges, rice

On bed of shredded lettuce, place sliced pineapple, oranges and tomato cut like orange sections and placed alternately. A little marinated rice sprinkled over. French dressing.

Chinese Mango, Half

(*See Half Chinese Mango*)

Chisby

Alligator pear, orange, grapefruit, red and green peppers, lettuce, pineapple

Scoop out a half alligator pear and fill with diced oranges, grapefruit, pineapple and alligator pear. Garnish with red and green peppers. Serve on bed of lettuce. French dressing.

Christmas Penuchi

Romaine, pistachio nuts, raisins, figs, cream cheese, dates

On a third slice of romaine, place five half dates, stuffed with diced figs, seedless raisins, chopped pistachio nuts and mixed with cream cheese. French dressing.

This salad is rich in essential minerals as well as carbohydrates, supplying heat and energy.—*From a recipe by Miss Mary I. Barber, instructor in Foods and Cookery, Teachers' College, Columbia University. Now with the Kellogg Company, Battle Creek, Michigan.*

Clover Club I

Lettuce, apples, pineapple

On bed of lettuce or romaine, place equal amounts of julienned pineapple and apples mixed with a creamy mayonnaise. Pineapple cut the length of pineapple and then cut in two-inch julienned strips.

Clover Club II

Lettuce, apple, pineapple, red pepper

On bed of lettuce or romaine, same as above, only cube the fruit instead of julienne, and sprinkle chopped red peppers over top.

Cold Slaw

(*See Hot Slaw*)

Cole Slaw

(*See Alpine Slaw*)

College Inn

Lettuce, cress, tomatoes, cucumbers, apples, onions

Place a quarter head of lettuce on salad plate and surround it with sprigs of cress and quartered tomatoes (peeled). Sprinkle cress with julienned cucumbers and apples, also a few pearl onions. A creamy French dressing.—*Thos. Magliano, chef, Hotel Sherman, Chicago.*

Colonial Cucumber Marinate

Lettuce, cucumbers, onion

On a bed of lettuce, place some sliced cucumbers and finely sliced onion, which have marinated overnight in a cool place. Make marinate out of two-thirds cider vinegar, one-third water, black pepper, sugar, spices, and a little salt.

AUTHOR'S NOTE: From time to time during the last fifty years, the author's mother has made this cucumber relish or marinate. It is refreshing, cooling and healthful and can be served as a relish or as a salad—or as an accompaniment to a fish course. Oil can be added to marinate if desired.

Col. Holden's Rice

Rice, beets, tongue, asparagus, truffles, pimentoes, tomato, chervil, hard-boiled egg yolks, lettuce

Mix equal quantities of whole steamed rice (each kernel to be separate and dry and not mashed together), diced red beet roots, smoked beef tongue and cubed asparagus, with a small amount of diced truffles and pimentoes. Season well and mix in a dressing made of oil and tarragon vinegar, proportion 3 oil to 1 vinegar.

Arrange the above in a crystal salad bowl lined with lettuce, and garnish sides with peeled and seasoned slices of red ripe tomatoes. Sprinkle chopped chervil and yolks of eggs over tomatoes. Should be made and seasoned at the last moment.

Combination

Lettuce, cucumbers, tomatoes, green peppers, cress, chicory, celery

On a bed of lettuce, or in a bowl lined with lettuce, make a mixture of sliced cucumbers and tomatoes (peeled), broken pieces of chicory and julienned green peppers. Watercress and minced celery can be added. A combination of any fresh vegetables can be termed a combination salad. French dressing.

Comtesse

Chicory, romaine, artichokes, cucumbers, tomatoes, lettuce

Line a bowl with lettuce and break in chicory and romaine in small pieces. Cut cucumbers and artichoke bottoms in fine slices and place on bed of chicory and romaine. Garnish with ripe, peeled tomatoes quartered. French dressing.

Congress

Lettuce, grapefruit, orange, cherry

On a bed of lettuce, place alternately sections of grapefruit and orange, topped with a maraschino cherry. French dressing.—*Chas. Spieler, maitre d'hotel, Congress Hotel.*

Contoise

Dandelion greens, bacon

On a bed of broken pieces of white, young dandelions, pour some dressing made out of the fat of diced bacon which has been fried to a golden brown. Fat and bacon to be mixed with enough tarragon vinegar to flavor and season with freshly ground pepper and a little salt. Dressing to be poured over salad warm.

Cook's

Lettuce, tomato, asparagus, chicory, cress, hard-boiled eggs, green pepper, garlic

One ripe tomato peeled and diced; the white center leaves of head of chicory broken in inch lengths; six to ten spears of long, green asparagus; one green pepper diced; one small bunch of green and perfectly fresh watercress broken into small pieces; one heart of lettuce shredded, and two hard-boiled eggs chopped. All the above mixed with Thousand Island dressing and placed into a large bowl lined with only the white inner leaves of lettuce.

AUTHOR'S NOTE: While passing through a kitchen one day, I found the above mixture in huge bowl in the center of the chef's table, and being friendly to salads as well as cooks, I requested a sample and was served very liberally. The salad was delicious; in fact it was a sort of master composition and deserving of an appropriate name. As nothing but the best of everything enters into the food materials supplied to chef's table, the salad was born and named "Cook's Salad." I have been more or less successful in ordering this particular salad; but if I wish to get this salmagundy right I order it from the chef's table and not the salad pantry. The chef's salad bowl is generally rubbed with garlic.

Cooked Cabbage

(*See Cabbage Salad II.*)

Copley-Plaza

Lettuce, apples, grapefruit, oranges, red and green peppers

Place on leaves of lettuce, or on a slice of head lettuce, some thinly sliced apples, sections of oranges and grapefruit alternately. Garnish top with strips of red and green peppers. French dressing.

Coquelocot

Lettuce, sweet peppers, beets, lambs breads, hard-boiled egg yolks, cress

On a bed of lettuce, place two small sweet bell peppers, one placed inside the other, the one on the outside to be slitted four times two-thirds way down and poppy petals laid back. Fill center of inner bell pepper with a mixture of red beets and lamb breads finely diced and sprinkled with chopped yellow of eggs. French dressing with a little mushroom catsup added. Garnish base with sprigs of watercress.

AUTHOR'S NOTE: Coquelocot means wild poppy or corn poppy. Bell peppers can be bought in cans.

Cordon

Lettuce, cordon, hard-boiled egg, capers, chives

Trim cordon leaves and retain the center ribs. Boil, dice and mix with a few chopped chives and mayonnaise and serve on a bed of lettuce. Garnish with capers and quartered hard-boiled eggs.

Cordon Bleu

Pineapple, blue hothouse grapes, lady apples, lettuce, celery

"A cheque mets que je touche
Je me crois l'egal des dieu
Et ce que ne touche ma bouche
Est devore par mes yeux."

On a bed of lettuce place a large slice of ripe pineapple; skin, slice and seed blue hot-house grapes and make a border of overlapping slices all around edge of pineapple; the hole in

pineapple to be cut one-inch in diameter and filled with finely julienned lady apples and celery mixed with a mayonnaise and a seeded blue hot-house grape on top. French dressing.

AUTHOR'S NOTE: According to Haywood in his Art of Dining (1899), the Cordon Bleu was conferred on the Cuisiniere of Madame Dubarry. Louis XI had said many times that it was morally and physically impossible for a woman to attain the highest pitch of perfection in the culinary art. Madame Dubarry resolved to bring him over to a way of thinking more complimentary to her sex. She accordingly set about to gain this result by teaching her cuisiniere how to produce the dishes her royal friend liked, giving her the minutest instructions as to his peculiar tastes or caprices. The King was invited and the dinner served, and as each dish prospered the enraptured monarch finally asked: "Who is this new cuisinier of yours? Let me know his name, and let him henceforth form part of our royal household." "Have I caught you at last? It is no cuisinier at all but a cuisiniere, and I demand a recompense for her worthy both of her and your majesty. I cannot accept less than a cordon bleu for my cuisiniere." The name of the cuisiniere was unfortunately not inscribed in the register of the Order and she has thus been cheated of her immortality. Lady Morgan says that the title of Cordon Bleu was first given to Marie Cook of the Fermier General who built the Elysee Bourbon. This salad is born and dedicated to Les Cuisinieres de Le Cordon Bleu, for their names are legion.

Cordon Rouge

Celery knobs, beets, pimentoes, lettuce

On a bed of lettuce place some very thin slices of young celery knobs which have been bleached in cold salt water at least an hour. Arrange celery knob slices in center and make a border or cordon of fiery red beets cut in dice around the celery knobs. Place strips of pimentoes crisscrossed over top of celery knobs. French dressing with plenty of paprika in it.

The author's version of arrangement of Cordon Rouge.

Corn

Fetticos, winter salad

All the same herb. Made same as chicory salad or endive. French dressing.

Coronation Pear

Pear, cream cheese, bar le duc, lettuce

In a basket formed of well bleached lettuce leaves, place one-half of a canned pear, or one-half of a fresh pear, that has been boiled in a little simple syrup, and then allowed to cool. Place on hollow side. Pipe a nest of cheese in center of pear and one at the two ends and two sides, fill each nest with a little bar de luc. French dressing or coronation pear dressing. Cream cheese to be thinned with raw cream.

AUTHOR'S NOTE: A whole pear can be served to an a la carte order, or where the salad is the main dish; but for a salad portion accompanying a regular dinner or luncheon half a pear is quite enough.—"*Enough is too much more times than too little.*"

Cosmopolitaine

String beans, brussels sprouts, beets, asparagus tips, lobster, crabs, shrimp, lettuce, cauliflower

In a salad bowl lined with lettuce, place in center a rosette of cauliflower; make four mounds on each side of rosette, one of green string beans, one of brussels sprouts, one of cubed asparagus tips and one of diced pickled beets. To separate each vegetable into divisions, place thin slices of shrimp, lobster or whole Virginia oyster crabs. French or Lorenzo dressing.

Any four vegetables can be used, but some contrast of color should be used in scheme, not all green or all white, or all vegetables in the same class, such as *legumes, leafy or roots.* Place a mound of julienned lettuce under rosette, to raise cauliflower into prominence.

Crab Meat

Lettuce, crab meat, celery, hard-boiled eggs

Line a bowl with white inner leaves of lettuce. Place an equal amount of large crab meat flakes and small diced hearts of celery. Pour over a creamy mayonnaise made with lemon juice instead of vinegar. Garnish with quartered hard-boiled eggs. Season crab meat before adding mayonnaise.

Crab Meat, Louis

Crab meat, hard-boiled eggs, lettuce, chives

Line a salad bowl with lettuce, and place a layer of crab meat flakes free from shell, then a layer of hard-boiled eggs sliced. Pour over salad a mayonnaise to which has been added some chili sauce. Chopped chives on top.

Creation-New

Lettuce, tomato, grapefruit, orange, pineapple, artichoke bottom, asparagus, cherry

On leaves of well bleached lettuce, place a slice of a peeled ripe tomato with the meaty part of the center of the slice cut out. Place an artichoke bottom in center of tomato. Cut three pieces of asparagus tips and arrange in a triangle on top of artichoke. In each section of triangle place diced grapefruit, oranges and pineapple and a pitted cherry in center. French dressing.

Creole

Lettuce, rice, tomatoes, beets, peppers, pimentoes

On a bed of lettuce or romaine, turn out a small timbale of rice, which has been marinated and drained; then mixed with a little Creole sauce. Decorate sides of rice with peeled quartered tomatoes, sections of pickled beets, the top with julienned pimentoes; beets and tomatoes to be placed around base, the pimentoes on top of rice. Creole dressing.

Cress and Onion

Lettuce, onions, cress

In a bowl lined with lettuce, fill with sprigs of watercress and finely julienned onions. Just enough onions to give the desired zest to salad. French dressing.

AUTHOR'S NOTE: "No more hateful for the smell which it imparts to the breath, than delicious to the palate, the onion has always been a source of doubt and difficulty to the fastidious epicure. Whether it be leek, chive, garlic, shallots, onion or scallion, one vacillates between love and detestation and doubts whether one should curse or bless a thing so exquisite in fruitation and execrable in consequences. The usual course is to humor the appetite, and then to avoid the ladies until one has paid the full penalty of indulgence, or to induce one's lady fair to partake of the same diet and then proceed to avoid her, which she likewise does, until the aroma becomes less assertive. Twin beds were invented as an "out" for such indulgences. Beau Brummel, when pressed for an opinion on the eating of this pernicious bulb, remarked: "No man (or woman either) is so well-looking and fascinating that, on entering a ballroom, he (or she) can afford to handicap himself with a stink." However, this is a real health salad, and although Beau Brummel may be right in what he said, we still maintain that this cress and onion salad is a real culinary masterpiece with an exquisite flavor.

Cressoniere

Lettuce, cress, potatoes, hard-boiled eggs, nuts

Place on leaves of lettuce or in a bowl lined with lettuce, a layer of thinly sliced boiled potatoes, then a layer of watercress leaves, then a layer of chopped hard-boiled eggs; chopped nuts on top. French dressing.

Cromwell's

Cucumbers, raisins, shrimps, turnips, almonds, capers, lettuce, hard-boiled eggs

Mould out in a bowl lined with lettuce equal amounts of seedless white raisins, diced cucumbers, shrimps, turnips (raw) and blanched shredded almonds. Mix with a mayonnaise that has had a little tomato catsup worked into it. Garnish with capers and quarters of hard-boiled eggs.

C. C. C.

Lettuce, carrots, cress, cabbage

In a nest of lettuce, mould out finely minced raw white cabbage, ground raw carrots and chopped watercress. Place in mould in above order to get color scheme. French dressing.

A real Health Salad—quickly prepared, economical and healthful.

AUTHOR'S NOTE: Boiled vegetables lose certain vitamins through heat, and thirty to forty percent of their mineral content is extracted and lost in the water. Foods robbed of their food elements often become a poison. The C. C. C. Salad has three of the main sources of vitamins, A, B, and C. (See Parr Salad.) The salad should be eaten raw and masticated well to gain the real benefits of this health-giving salad. Vegetables should be mixed with a little mayonnaise to bind before placing in mould. Make salad at very last minute to keep cress in good shape.

Cuban

Lettuce, alligator pear, chicory, field salad, pimentoes, walnuts

On a bed of lettuce, place one-half alligator pear cut in fourths, hollow side up. Make a border of field salad julienned, or a border of broken pieces of chicory. Garnish top of pear with julienned pimentoes criss-crossed and chopped walnuts. French dressing with chili sauce and lemon juice. A little salt over pear before serving.

Cubanaise I

Lettuce, sweet peppers, tomatoes, olives, anchovies, onion

On a bed of lettuce place a thin slice of Bermuda onion, which has been marinated in oil, vinegar and seasoning for at least two hours. Dice tomatoes, sweet peppers, green olives and anchovies, mix and place on top of onion, garnish with olive rings. French dressing.

Cubanaise II

Romaine, alligator pear, mangoes

On leaves of romaine, place slices of alligator pear and Chinese mangoes alternately. French dressing. An extremely delicious salad.

Cubian

Lettuce, grapefruit, alligator pear, red and green peppers, walnuts

On a bed of lettuce, place a half alligator pear cut in fourths, hollow side up; fill with diced grapefruit and garnish with julienned green and red peppers and chopped walnuts. French dressing.

Cucumber Japonaise

Lettuce, cucumbers, sweet red peppers

On a bed of lettuce, place equal quantities of julienned cucumbers and sweet red peppers. Mix a few minced eschallottes to a sour cream dressing and serve.

Cucumber Marinate, Colonial

(*See Colonial Cucumber, Marinate*)

Cucumber Ribbons

Cucumbers, pimentoes, lettuce, cream cheese

Peel hothouse cucumbers and cut very thin slices the length of cucumber (eliminate some seeds). Place slices of pimento on top of cucumber slice and roll; or pound,

© 1928, ARNOLD SHIRCLIFFE

DOCTOR SALAD

Lettuce, tomato, cottage cheese, cress, chives, cream cheese

© 1928, ARNOLD SHIRCLIFFE

EDGEWATER BEACH SALAD

Lettuce, pineapple, grapefruit, orange, cress, cream cheese, red pepper, green and ripe olives

pimento with a little cream cheese and seasoning, and then spread on cucumber slice, and roll. Trim cucumbers after making roll and place two rolls on bed of lettuce. Serve with a sour cream dressing. This salad takes time to make. Cucumber slices can be placed in salt water for a little while to soften, slices to be dry and cut extremely thin.

Cucumber and Watercress

(*See Watercress and Cucumber*)

Cucumber Windsor

Lettuce, cucumbers

On a bed of lettuce, place some julienned cucumbers and serve with Windsor dressing.

Cumberland

Lettuce, pear

On slice of heart of lettuce, place five slices of pear, either canned or raw; if raw, cook in a simple syrup. Slice pear down length. Serve with Cumberland dressing No. 1.

Cupid I

Lettuce, grapefruit, alligator pear, pimentoes, walnuts, cress

On a bed of lettuce or romaine, place three sections of grapefruit and three slices of alligator pear alternately. Pears should be cut like grapefruit section. Place strips of pimentoes over top of fruit and garnish with halves of walnuts and rosette of cress. Lorenzo or French dressing.

Cupid II

Lettuce, alligator pear, grapefruit, red and green peppers, watercress

On a bed of lettuce, place three slices of alligator pear and three sections of grapefruit alternately. Place a small mound of diced red peppers on side and one of green on the other. Chopped watercress over the top. Edgewater Beach dressing.

Cupid d'Azure

Lettuce, alligator pear, orange, grapefruit, chives or eschallots

Marinate an alligator pear (cut in slices like sections of orange) in a French dressing, containing chopped chives or eschallots, for one hour. Arrange on bed of lettuce alternately with sections of oranges and grapefruit. French dressing.

Daisy

Lettuce, endive, orange, beets, pickled walnut

On a bed of lettuce or endive broken in three-inch lengths, place a thick slice of orange with connective tissue cut out. Where connective tissue has been cut out place finely cut julienned beets. Place a black cap of pickled walnut in center and julienned beets around outer edge of orange just making a fine border of color. Knife must be very sharp to cut connective tissue out of orange without marring picture. Reassemble pieces and press endive flat with palm of hand so it lays flat on dish. French dressing.

Dandelion

Dandelions, lettuce, chapon, hard-boiled eggs

In a bowl place a chapon and then a layer of young white dandelion sprigs broken in two-inch lengths. Sprinkle over dandelions some chopped hard-boiled eggs and then another layer of dandelions. Pour over salad three tablespoonfuls of oil to every one of vinegar. Add freshly ground black pepper and salt. Toss and serve.

AUTHOR'S NOTE: Dandelions must be young and white and thoroughly cleaned and dry. This salad should be eaten in the spring as it is the herb that nature gives us to be used as a spring tonic. It is rich in minerals, especially iron. It makes an ideal Friday salad mixed with macaroni or fish flakes. Mayonnaise or French dressing.

Danish

Lettuce, tomato, pickled onion, beans, peas, asparagus, anchovy paste, cream cheese, sardine

On a bed of lettuce, place a thick slice of peeled ripe tomato. Cut hole in center and fill with a pickled button onion. Around onion and on top of tomato place in three little mounds green peas, diced green beans and asparagus tips. To separate these mounds, place a boned fillet of smoked sardine and pipe the edge of tomato with cream cheese which has had a little anchovy paste added to it. Danish dressing.

Date

Dates, cream cheese, lettuce, cocoanut

Stone black dates and fill with cream cheese. Roll each date in a dish of shredded cocoanut and place five on leaves of lettuce and serve. French dressing.

AUTHOR'S NOTE: Dates can be split in half and filled and then rolled in cocoanut. The sugar of dates is not wholly converted into assimilative matter but serves a greater purpose as explained in other salads where dates form the composition. Some small part is converted into energy, but not all. The lime and iron enters into the composition of bones and red blood corpuscles. Add the muscle making protein of the cheese and you have a delicious, well balanced, economical meal.

Deauville

Lettuce, apples, celery, chicken, green peppers.

On a bed of lettuce, place equal quantities of finely julienned apples, celery, chicken (white meat) and green peppers mixed with mayonnaise. Ingredients to be seasoned before mayonnaise is mixed in.—*By Louis Domergue, Chef, Edgewater Beach Hotel.*

D'Estrees I

Celery, truffles, almonds, lettuce

On leaves of lettuce, place some fine, long julienned celery and truffles mixed with a mayonnaise. Decorate top with blanched julienned almonds.

D'Estrees II

Romaine, mushrooms, celery, nuts

On a bed of romaine place equal quantities of julienned celery and mushrooms, mixed with mayonnaise. Sprinkle chopped nuts over salad.

De l'Opera

(*See Chifenora*)

Delice I

Romaine, escarole, pears, grapes

On a bed of romaine, place equal quantities of escarole broken in two-inch pieces and julienned pear mixed with mayonnaise. Garnish top with seeded hot house grapes (sliced).

Delice II

Romaine, endive, strawberry beets, pears

On a bed of romaine, place some broken two-inch pieces of endive. On endive pressed flat, make a circle of slices of strawberry beets overlapping each other. In center of beets, place some finely minced pears. French dressing or mayonnaise.

Delilah

Chicory, lady apples, chives, lettuce

On a bed of Barbe de Capucin, or very curly white chicory, place some finely julienned lettuce and lady apples mixed with a smooth, velvety, creamy, mayonnaise to which has been added some finely chopped chives.

AUTHOR'S NOTE: The ingredients that enter into the com-

position of this salad are symbolic. The beard of Samson is truly represented by the chicory, or Barbe de Capucin; his strength by the assertive chives; Miss Delilah by the lady apples; and the persuasion or apple sauce which the lady handed the building wrecker by the velvety dressing.

This salad should find its place where opera stars dine. It is tasty, simple (like Sampson), attractive, economical and healthful.

Delmonico

Romaine, pineapple, celery, cheese, pecans

On a bed of romaine or lettuce, place in a mound equal quantities of julienned celery and pineapple mixed with a little mayonnaise. Place four rosettes of cream cheese at sides, and top rosettes with pecans (halved). French dressing.

Demi-Deuil

Lettuce, chicken, truffles, potatoes, pickled walnuts

In the center of a bed of lettuce place a small mound of diced white meat of chicken mixed with mayonnaise. Top chicken with a small black cap of pickled walnut. Circle chicken with small round slices of white new potatoes and of truffles alternately. Serve a Demi-Deuil dressing, made of creamy mayonnaise, with slices of black seeded hothouse grapes added.

Demidoff

Lettuce, pineapple, celery, apples, truffles

On a bed of lettuce, place a slice of pineapple. On top of pineapple, place some finely julienned celery and apples long cut. Garnish with fanciful cut truffles. Mayonnaise or French dressing.

Desmonde

Lettuce, cream cheese, pear, pecans, strawberry

On bed of lettuce place a half Bartlett pear and fill with a mixture of cream cheese and chopped pecans. Garnish top with

a ripe strawberry. Cream cheese to be thinned with raw cream. French dressing or a red mayonnaise.

A red mayonnaise to be used for a fruit salad can be colored with grenadine, cherry juice, currant jelly, raspberry juice or bar le duc. For a fish salad with lobster coral or tomato paste.

Dessert

(See Salad Dessert)

Devilled

Lettuce, olives, Indian relish, chili sauce, hard-boiled eggs

In a nest of lettuce place two halves of hard-boiled eggs with yolks removed. Mash yolk and mix with chopped green and ripe olives, India relish and chili sauce. Round eggs up so that they are heaped in whites. Do not make the filling too soft. French dressing.

Devon

Watercress, beets, cucumbers

On a bed of fresh green, well cleaned watercress, place a row of sliced red beets, cut uniform. On either side of beets, place a row of cucumbers, slices to overlap. Serve with a French dressing.

AUTHOR'S NOTE: Devonian period, including that of the old red sandstone, was one of the most significant periods in the earth's history. It was the time of the establishment of flowering plants upon the earth. The salad is symbolic of the earth's red strata.

Dewey

Lettuce, celery, red and green peppers, tomato

On a slice of lettuce, place a thick slice of peeled, ripe tomato. Garnish top with a fine julienne of hearts of celery and red and green peppers. Roquefort dressing.

AUTHOR'S NOTE: This salad was named after the Manager of the Edgewater Beach Hotel, and was found by the author in

one of the old typewritten books owned by the Hotel. The salad is attractive, tasty, quickly prepared and healthful. Can be served with French or Lorenzo dressing.—*By Louis Domergue, chef, The Edgewater Beach Hotel.*

Diabetic I

Tomato, lettuce, cabbage, celery, bran

Place a hollowed out tomato on bed of lettuce and fill with finely shredded green leaves of cabbage, chopped celery, washed bran and mineral oil mayonnaise.

Diabetic II

Lettuce, broccoli, kraut, bran, celery, hard-boiled egg yolks

On bed of lettuce place a rosette of broccoli or cauliflower and surround broccoli with minced sauerkraut, washed bran, minced celery, chopped egg yolk mixed with a mineral oil mayonnaise. Bran to be washed or a special bran without starch used.

Diabetic III

Any combination of the following named vegetables in 5 or 10 percent group according to diabetic food tolerance for 24 hours in grams of carbohydrate, protein, and as fat as determined by physicians.

Vegetables Grouped According to Their Carbohydrate Content

5 Percent Vegetables

Asparagus, beet greens, brussels sprouts, cabbage, celery, cauliflower, chard, cucumber, egg plant, endive, green pepper, kale, kohlrabi, leeks, lettuce, parsley, radishes, rhubarb, sauerkraut, sea kale, sorrel, spinach, string beans, tomatoes and watercress.

10 Percent Vegetables

Beets, carrots, okra, mushrooms, onions, pumpkin, rutabagas, squash and turnips.

15 Percent Vegetables

Artichokes, canned or cooked green lima beans, parsnips, and canned or cooked green peas.

20 Percent Vegetables

Baked beans, canned or fresh green corn, canned red kidney beans, white potatoes, and canned succotash.

NOTE: Bulletin No. 28 of the U. S. Department of Agriculture, Rose's "Laboratory Handbook of Dietetics" and "Feeding the Family", are the authorities for the above food values. The bulletin may be obtained by sending ten cents in stamps to the Superintendent of Documents, Government Printing Office, Washington, D. C.

Diana I

Lettuce, alligator pear, orange, grapefruit, lemon

On a bed of lettuce, place half alligator pear and fill with diced oranges, grapefruit and pieces of chopped lemon. French dressing.

Diana II

Pears, oranges, pineapple, lettuce, strawberries

Fill a pickled pear hollowed out or half large Bartlett pear with strawberries, oranges and pineapple cut in dice. Place on bed of lettuce and serve with French dressing to which has been added currant jelly, brandy and a little mustard.

Diplomat

Pineapple, celery, apples, lettuce, walnuts

On a bed of romaine or lettuce, place julienned pineapple, celery and apples mixed with mayonnaise. Garnish with chopped English walnuts.

Diplomatic

Lettuce, apple, pineapple, celery, grapes, walnuts

On a bed of lettuce, place a mixture of equal quantities of finely julienned celery, pineapple and Jonathan apples. Gar-

nish top with quartered walnuts and seedless grapes. French dressing or mayonnaise.

Diva

Artichoke fond, celery, truffles, red and green peppers, lettuce

On leaves of lettuce, place a large artichoke bottom. Fill center of fond with small cut, finely julienned celery. Around base of artichoke, place finely julienned truffles. Garnish top with red and green peppers cut in strips and crisscrossed. French or Lorenzo dressing.

Divette

Watercress, tomato, celery, green peppers

On a bed of watercress, fresh, young, green and clean, place three or four slices of ripe, peeled tomatoes. On top of tomatoes sprinkle a little finely julienned celery and green peppers. French dressing.

Div Sefed

Lettuce, hard-boiled eggs, pimentoes, olives, beets, red peppers

On a bed of lettuce, place 2 halved hard-boiled eggs with yolks removed and set into rose apple peppers or pimentoes. Fill eggs with a mixture of chopped olives, and pickled beets, mixed with the chopped egg yolks and French dressing or mayonnaise. Garnish top with red peppers stuck into mixture on ends. French dressing.

Div Sefêd, was the Persian demon and antagonist of Rustam. This deviled egg salad is attractive, tasty, and would be a novelty for a cut-up's dinner or luncheon. Rose apple peppers can be bought in cans.

Dixie I

Lettuce, tomato, corn, red peppers

On a bed of lettuce, place a whole quartered tomato (peeled). Do not sever entirely apart. Over the tomato sprinkle kernels of golden bantam corn and diced red peppers. Mayonnaise or French dressing.

Dixie II

Tomato, corn, lettuce, red and green peppers, cress

On a bed of lettuce, place a small tomato, peeled and scooped out. Fill with golden bantam corn and diced red and green peppers which have been marinated in French dressing. Thousand Island or French dressing. Garnish with cress and green pepper.

AUTHOR'S NOTE: This makes a very fanciful salad, truly Southern and extremely colorful. Corn should be chewed well as the starch it contains is practically converted into assimilative matter by the glands of the mouth. All starches should be thoroughly mixed with saliva before they are swallowed. (See illustration opposite page No. 42.)

Doctor

Lettuce, tomato, cress, cottage cheese, chives, cream cheese

Place on thin slice of head of lettuce, a slice of tomato—red, ripe and *peeled;* on top of tomato place a layer of cottage cheese with a few chopped chives added. Smooth top of cheese with a fork and garnish with two rosettes of cress and rosettes of cream cheese.

AUTHOR'S NOTE: Lettuce means health, and health is youth. The tomato has minerals and a lively hue. Minerals for health and color to aid digestion. The cheese has lime, calcium and phosphorus, all health giving elements—the cress sulphurated oil as well as a tang. Not any of these health comments are new, except in that they are unhappily unknown to the many.

The Doctor Salad is a health given concoction. It is happily named and in the Edgewater Beach Hotel, where we cater to thousands of people daily, this salad outsells all other fancy salads. Once ordered, it meets with favor, and if the author only contributed this one receipe to the book it alone would be worth the price paid. It is economical, it is well balanced, and if eaten with toasted gluten or whole-wheat bread and a glass of milk, it makes an ideal luncheon. (See illustration opposite page No. 58.)

Doffy

Romaine, pear, pineapple, grapes, apples

On a bed of romaine, place slices of pears, apples and pineapple, alternately. Top with sliced seeded hothouse grapes. The apples should be sliced very thin. Use the best eating apples you can buy. French dressing.

Dolly

Alligator pear, celery, romaine, Roquefort cheese

On a bed of romaine, place six slices of alligator pear uniformly cut. Between each slice of pear place a little very finely julienned celery mixed with grated Roquefort cheese and mayonnaise. French dressing.

D'Orleans

Romaine, celery, cucumbers, mushrooms, chives

On a bed of lettuce or romaine, place julienned celery, cucumbers and mushrooms, equal quantities. French dressing with a few chives added.

Dorothy

Romaine, alligator pear, orange, grapefruit, red peppers

On a bed of romaine or lettuce, place slices of alligator pear, sections of orange and grapefruit alternately—two of each, six in all. Garnish with red peppers. French dressing.

Doucette

Field salad, chapon, parsley

Break field salad in two-inch pieces and place in bowl, with chapon. Sprinkle over a little chopped parsley and mix. French dressing.

DuBarry

Romaine, endive, alligator pear, cucumbers

On a bed of romaine or lettuce, place equal quantities of alligator pear, endive and cucumbers cut in julienne. French dressing with a great deal of paprika added.

Dufane

Alligator pear, cucumbers, endive, romaine

Same as DuBarry, only the arrangement is different. Alligator pear is placed in center, cucumbers on one side and endive on the other, all julienned. French dressing.

Dumas

Romaine, cucumbers, beets, tomatoes, hard-boiled eggs, olives

On a bed of romaine, place sliced cucumbers and sliced beets in a circle—slices to alternate. In center of circle, place diced tomatoes masked with a little mayonnaise, and decorate mayonnaise with quarters of hard-boiled eggs and rings of green olives. Use a little French dressing over the cucumbers and beets. French dressing to have some chopped chervil, tarragon, chives and parsley added to it. Cut beets and cucumbers of equal size and press romaine flat on plate so that the vegetables lay straight.

Dure

Beet tops, hard-boiled eggs, chives

Beet tops, boiled and drained and cut up in small pieces. Mix with chopped yolks of hard-boiled eggs and chives. French dressing.

Highly alkaline. Mineral content high. Very healthful, economical salad.

Duchess I

Romaine, apples, celery, red and green peppers

On a bed of endive or romaine, place equal quantities of celery, apples, red and green peppers in julienne, mixed with mayonnaise.

Duchess II

Lettuce, asparagus, celery, apples, truffles

In a bed of lettuce, or bowl lined with lettuce, place diced asparagus tips, celery and apples in a fine julienne. Mix with mayonnaise and garnish top with chopped truffles.

Dyer

Lettuce, cherry tomatoes, watercress

On leaves of lettuce, chicory or romaine, make a bed of young green watercress leaves. Place a large ripe peeled cherry tomato in center, and around center a number of quartered cherry tomatoes. Lorenzo dressing with chili sauce added.

Easter Salad

Lettuce, watercress, hard-boiled egg, pimentoes.

On a bed of lettuce, place a little nest of cress, and on top of cress place a hard-boiled egg pressed flat on one side and cut four times from top nearly to bottom and lily leaves turned back. Garnish inner side of leaves with pimentoes. French dressing.

Easter Egg

Egg, lettuce, red and green peppers

Simmer an egg in water about fifteen minutes, water to be just under the boiling point. Remove and peel under running water. Allow to nearly cool and then make an indentation on top with thumb and a smaller one on bottom so egg will stand up. Place egg in a little grenadine or cinnamon candy syrup for about thirty minutes, until it is colored. Allow it to cool and then place in standing position on leaves of lettuce. Garnish around base of egg with slices of hard-boiled eggs masked with stiff mayonnaise and centers decorated with fanciful cuts of red and green peppers. Mayonnaise or French dressing.

AUTHOR'S NOTE: "The egg has been in all ages and in all countries the subject of infinite mystery, legend and history.

It is difficult to ascertain the precise origin of the custom of offering eggs at the festival of Easter. The Persians, the Russians, the Jews, the English, the Americans, all follow it. Among the Romans, the year began at Easter, as it did among the Franks under the Capets. Many presents were exchanged, and as an egg is the beginning of all things, nothing better could be found as an offering. Its symbolic meaning is striking. We offer our friends all the blessings contained under that fragile shell, whose fragility represents that of happiness here below.

"Another reason given for the Easter egg is that, about the fourth century the church forbade the use of eggs in Lent. But as the heretical hens would go on laying, the eggs accumulated to such a degree that they were boiled hard and were given away. They were given to children for playthings and they often dyed them in gay colors."

The salad is one to be used during the Lenten period and especially on Easter. Shrimps can be added to this salad to alternate with the egg slices around base, making the salad highly ornate and one which can be used as the main dish for the meal.

Edgewater Beach

Lettuce, pineapple, grapefruit, orange, cress, cream cheese, red pepper, green and ripe olives

On a bed of lettuce, place a large slice of fresh pineapple cut in half, round sides turned in so they touch. Cut oranges and grapefruit in small sections, and alternate them on top of the two half slices of pineapple. Garnish center with a small cross of red pepper. At one side a small ring of cheese with round slice of green olive in center; at opposite side a ring of cream cheese with a slice of ripe olive in center. At the two crescent sides place in hollows a rosette of cress. French dressing.

AUTHOR'S NOTE: The Edgewater Beach salad is planned after the hotel's monogram, and is highly ornate, tasty and healthful. The monogram, as well as the salad, is composed of

four wings, and are represented with the pineapple. The green olive represents the lake, the black olive the automobile road or Sheridan Drive and the green cress the parks on either side. (See illustration opposite page No. 58.)

Edna

Alligator pear, apple, celery, red and green peppers, lettuce

On leaves of lettuce, place a half alligator pear. Fill pear with Waldorf salad and garnish with strips of julienned red and green peppers. French dressing.

Eight-Fifteen

Ham, hard-boiled eggs, cress, lettuce

On a bed of cress or lettuce, place a mixture of equal quantities of chopped Virginia ham and hard-boiled eggs. French dressing. This salad makes an ideal breakfast salad.

Eighteenth Century

Lettuce, celery, hard-boiled eggs

On a bed of lettuce, or in a bowl lined with lettuce, place equal quantities of shredded celery hearts in two-inch lengths and whites of hard-boiled eggs mixed with a creamy mayonnaise; celery and egg to be seasoned before being mixed with mayonnaise; mayonnaise to be mixed with lemon juice instead of vinegar and the top of salad sprinkled with chopped yolks of hard-boiled eggs.

Elizabeth

Lettuce, peas, beets, French flageolettes, haricots verts or wax beans, tomato, cauliflower, cream cheese, pimentoes

On a bed of lettuce, place a thick slice of peeled ripe tomato; core center with a one-fourth inch column cutter and insert the stem of a white rosette of boiled cauliflower. Around rosette place a ring of large, freshly cooked green peas; around peas pipe a ring of cream cheese and on top of cheese place a ring of

chopped pickled red beets (highly colored), or pimentoes and in cheese stick on ends and slant the small green flageolettes, French string beans or small wax beans. French dressing.

AUTHOR'S NOTE: This salad is really a work of art or masterpiece. It takes time to make it and plenty of patience. If one is looking for beauty, this is beauty itself. French green flageolettes should be placed on ends so that they cover cheese and are placed so they look like green pencil lines, or striped border; the beans to come just to the edge of tomato all the way round. About 40 beans are necessary to make circle.

The white center, then a delicate warm green, next a beautiful red, and then an ornate border made with a darker shade of green "should tempt the dying anchorite to eat."

This salad has in its composition iron, lime, calcium and phosphorus; contains vitamins A, B and C, is highly nutritious and can be made exquisitely beautiful. (See illustration opposite page No. 74.)

Elsie

Lettuce, pineapple, orange, grapes, nuts

On a bed of lettuce, place a slice of pineapple. Place six sections of orange in V shape, one V within another on top of pineapple. Decorate with sliced hothouse grapes and chopped nuts. The slices of grapes to be placed in center of the V's, changing the V's into E's. French dressing.

Elsworth

Pineapple, lettuce, cream cheese, bar le duc, nuts

On a bed of lettuce, place a slice of pineapple. Cover with cream cheese mixed with chopped nuts. Cover with another slice of pineapple. Elsworth dressing.

Emerald *Esmerald*

Lettuce, cucumbers, asparagus, pimentoes

Fill a hollowed-out heart of lettuce with sliced cucumbers. Garnish top with several asparagus tips piled in a small

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ELIZABETH SALAD

Lettuce, peas, beets, French flageolettes, haricots verts, or wax beans, tomato, cauliflower, cream cheese, pimentoes

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EMMA

Lettuce, tomatoes, chives, cucumbers

mound. Strip with pimentoes cut in julienne. French dressing.

An excellent salad—fine accompaniment of fish, lobster or sea-food.

Emily

Romaine, alligator pear, asparagus tips, red and green peppers

On leaves of romaine, place four slices of alligator pear; on top of pear place three spears of asparagus tips in small pile and laid in opposite direction from the slices of pear. Strip asparagus with red and green peppers. Alligator pear slices to be placed in a row. French dressing.

Emma

Lettuce, tomatoes, chives, cucumbers

On a bed of lettuce, place sliced squeezed-out cucumbers mixed with a thick sour cream dressing. Garnish around cucumbers with peeled half slices of tomatoes. Sprinkle with chopped chives. (See illustration opposite page No. 74.)

Encarpus

Lettuce, orange, pears, grapefruit, cherries, cream cheese

On a bed of lettuce, place three sections of orange in a pyramid; two sections on bottom, one on top; three sections of grapefruit and three of pears, same arrangement. Pears to be cut like oranges, these fruits to make a triangular affair or festoon, radiating from center. In center on a rosette of cream cheese place a red, ripe cherry and on top in center of each festoon a slice of red, ripe cherry. French dressing. Top section of fruit should be smaller than bottom pieces. This makes a highly ornate dish of feeble acidulous fruits whose acids are quickly neutralized in the body. (See illustration opposite page No. 90.)

Endive

Endive, lettuce

On a bed of lettuce, place endive broken into three inch or half lengths. Endive must be clean and perfectly dry. French dressing.

Endive and Beet

Lettuce, endive, beets, truffles

Place two halved heads of endive, the same size, on bed of lettuce. On top of endive place five fanciful cut slices of beets. Garnish beets with a slice of truffle or pickled walnut. Lorenzo dressing.—*Col. C. G. Holden, Olympia Fields Country Club.*

English I

(*See Anglaise*)

English II

Boston lettuce, mint, cress

Over a bed of Boston lettuce, nicely arranged, sprinkle chopped cress and mint. French dressing.

Equitaine

Alligator pear, lettuce, kumquats, celery

Cut a ring of alligator pear about one-fourth of an inch thick from half pear. Place on bed of lettuce and fill center with sliced kumquats and finely shredded celery. Mayonnaise or French dressing.

Esmerald

(*See Emerald*)

Esmeralda

Lettuce, romaine, chives, green peppers

Line a bowl with lettuce and break in equal parts of romaine and lettuce in small pieces. Add chopped chives and green peppers to a good French dressing and serve.

Espagnole I

Lettuce, pearl onions, pimolas, tomatoes, green peppers, celery

On a bed of lettuce, or in a bowl lined with lettuce, place equal amounts of diced celery, peeled diced ripe tomatoes and

green peppers. Garnish with a few whole pimolas and small pearl onions. Diced mushrooms can be added also. French dressing.

Espagnole II

Lettuce, tomato, green peppers, pimola, pearl onions, ham, celery

On a bed of lettuce, place a small, peeled, ripe tomato. Over tomato sprinkle finely julienned celery, boiled ham and green peppers. Around base of tomato garnish with pimolas and small pearl onions. French dressing.

Espagnole III

Endive, tomato, lobster, fine herbs, hard-boiled eggs, pimentoes

On a bed of endive (half lengths) place a thick slice of peeled ripe tomato. Mix a fine julienne of lobster with chopped fine herbs and mayonnaise and place in mound on top of tomato. Garnish with julienned pimentoes and quartered hard-boiled eggs. Marinate lobster before mixing with mayonnaise.

Esther

Tomato, hard-boiled eggs, cress, beets, pickled walnuts, pimento and cream cheese, lettuce

On a bed of lettuce, place a large slice of peeled tomato and pipe a five-pointed star of cream cheese on top of tomato. Fill first point with chopped whites of hard-boiled eggs, second point with the chopped yolks, third point with chopped watercress leaves, fourth point with chopped pimentoes or beets, and the fifth point with chopped pickled walnuts. The center to have a rosette of pimento cheese and in center of rosette a small star cut out of white of egg.

AUTHOR'S NOTE: A real Eastern Star item, colorful, tasty, unique.

Etna

Alligator pear, celery, apples, red peppers, cherry

Half alligator pear loosened from shell and filled with finely cut Waldorf salad. Garnish top with strips of red peppers—

crisscrossed over top or crater. Place red cherry in center. French dressing. Sprinkle center of salad heavily with paprika.

Etta

Lettuce, cream cheese, bar le duc, lemon juice

On a slice of head of lettuce, pipe cream cheese mixed with lemon juice in circles. In center circle place a rosette and in center of rosette a spoonful of bar le duc. French dressing. Make at least four circles, one within the other.

Eva

Romaine, artichoke, asparagus tips, pimentoes, truffles

On half or third head of romaine, or romaine leaves, place three or four slices of artichoke bottoms. At both sides of fonds place three spears of asparagus tips and strip with a band of pimento. Sprinkle chopped truffles over artichokes. French dressing.

Evelina

Lettuce, asparagus, artichokes, mushrooms, ham

On a bed of lettuce, place three slices of artichoke bottoms and three freshly cooked mushrooms alternately. Garnish sides with three spears of asparagus tips. Julienne ham in a remolade dressing.

Evening Star

Pineapple, strawberries, lettuce, green peppers, cream cheese, hard-boiled egg yolks

On leaves of lettuce, place a slice of pineapple cut in shape of star. Pipe cream cheese in center in form of rosette and fill with chopped yolks of hard-boiled eggs sprinkled with paprika. Garnish points with strawberries cut in half and alternated with small strips of green peppers. French dressing.

Excelsior I

Apple, pineapple, celery, nuts, lettuce

On a bed of lettuce, place a small red apple hollowed out and scalloped. Fill with finely shredded pineapple, celery and nuts, mixed with mayonnaise.

Excelsior II

Apple, pineapple, celery, nuts, lettuce

Same as Excelsior I, only served on slice of pineapple and shredded pineapple left out of filling.

Exmoor

Romaine, grapefruit, orange, pear, apple, walnuts

On bed of romaine, alternate sections of grapefruit, orange, pear and apple. Sprinkle chopped English walnuts over top. French dressing.

Exotique

Orange, alligator pear, pineapple, green peppers, Canton ginger

In a half scalloped orange, place equal quantities of diced alligator pear, orange and pineapple. Add just a little finely minced Canton ginger and green peppers. Serve with Exotique dressing.

Fan

Endive, orange, grapefruit, red and green peppers, alligator pear, cherries, pimentoes, pickled walnut, cream cheese

Split head of romaine or endive in half or third, according to size. Have it clean, trimmed well and perfectly dry. Leave connecting end intact and spread leaves out like a fan. Press firmly so it stays flat and in place. Arrange on top of romaine or endive, a section of orange, then a thin slice of green pepper, then a section of grapefruit, then a strip of red pepper, and then a slice of alligator pear. Continue a like arrangement to the end of fan, and at feathery end sprinkle chopped cherries, pimentoes, green peppers, and pickled walnuts. A slice of

pickled walnut to be placed at stem end of fan to represent handle. Pipe a thin border of cream cheese at either side and at ends. French dressing.

AUTHOR'S NOTE: This is a highly ornate affair and extremely colorful. It can be made very artistic and dainty by cutting the green peppers, alligator pear and orange to shape so that they elongate as they prosper from stem to tip end of fan. The tip end of fan, or feathery end with its riot of color, makes a truly pleasing picture. This salad takes time to prepare but is really worth all the time one spends on its preparation. It should find a place on the menu of a small formal dinner. The salad served on a five or five and one-half inch plate with a gold border is truly royal. (See illustration opposite page No. 90.)

Fandango

Oranges, grapefruit, alligator pear, romaine, endive, strawberries, pickled walnuts

On a half heart or third heart of romaine, place two sections of oranges, two of grapefruit and two slices of pear all about the same size. Garnish each fruit with a slice of pickled walnut and with a strawberry topping slice of walnut. A little julienned endive to flank sides of fruit. French dressing.

Fantasie I

Lettuce, apples, celery, pineapple, romaine, cherry

Place on bed of lettuce, a hollowed-out red eating apple, scalloped at top. Fill with a mixture of finely shredded romaine, apples, celery and pineapple, mixed with mayonnaise. Garnish top center with a cherry or berry.

Fantasie II

Apples, oranges, pineapples, strawberries

Proceed as above, only fill with a mixture of diced oranges, pineapple and sliced strawberries, mixed with sour cream dressing and with a little maraschino added.

Favorite I

Lettuce, asparagus tips, red and green peppers, celery hard-boiled eggs

On leaves of lettuce, place some finely julienned celery. Sprinkle chopped eggs on top of celery; then top eggs with several spears of asparagus tips. Strip tips with red and green peppers. French dressing or creamy mayonnaise.

Favorite II

Lettuce, celery, alligator pear, ripe olives, pimentoes

On a bed of lettuce place some finely julienned celery; on top of celery six slices of alligator pear. Garnish with rings of ripe olives and strips of pimentoes. Alligator pear slices to be cut in uniform shapes and placed in a row. French dressing.

Fedora

Lettuce, apples, oranges, green peppers, beets

In a heart of lettuce in form of basket, place equal amounts of very thin slices of apples and oranges, masked with mayonnaise. Garnish with fanciful cuts of red beets and green peppers.

Ferenzaia

Lettuce, beets, green peppers, hard-boiled eggs

On a slice of heart of lettuce, place several slices of fiery red beets which have been marinated in a little spiced vinegar. Sprinkle over top chopped green peppers and hard-boiled eggs. French dressing.

Fish

Salmon, cucumbers, lettuce, hard-boiled eggs, parsley

Boil salmon. Allow to cool and then flake. Mix flakes with very finely sliced cucumbers and shredded lettuce. Serve in a bowl lined with lettuce and masked with mayonnaise. Garnish with quarters of hard-boiled eggs and chopped parsley.

AUTHOR'S NOTE: Salmon or any fish that you might have, can be used—trout, whitefish, halibut, red snapper. Fish to be boiled with an onion, a few spices and a little lemon juice. Fish can be mixed with a little finely shredded celery and a few chopped chives added. Salad can be moulded in small cup and turned out on small lettuce-lined plates and garnished with shrimp, lobster or crayfish and capers. An ideal Lenten or Friday salad.

Flamande

Lettuce, celery, watercress, endive

On a bed of lettuce, place some finely shredded celery and endive mixed with an equal amount of short sprays of fresh, green watercress. French dressing.

Fleur de Lis

Lettuce, cucumbers, endive, celery, cherry tomatoes

On a bed of lettuce, place a row of cucumber slices cut about one-eight of an inch thick. Place one-half cherry tomato in center of each cucumber slice. Shred some endive and celery very fine and make a heavy border around cucumbers in shape of a V, and at ends of V place a half cherry tomato. Curve the end of V in shape of a fleur de lis, and run the border close to the cucumbers to bring out the idea. French dressing to have a little chili sauce added.

Flora

Romaine, tomatoes, beets, green peppers, celery

On a half or third heart of romaine or endive, place three-quarters of a peeled ripe tomato in a row. Mask with mayonnaise and garnish with fanciful cut beets and green peppers. Place a border of very finely shredded celery all around tomato.

Florence

Tomato, pimentoes, green peppers, cucumbers, cress, lettuce

On a slice of half heart of lettuce, place three-quarters of a peeled tomato, round side down in sort of a triangle. In center place a rosette of green, fresh cress, julienned pimentoes in first section, julienned cucumbers in second section, and julienned green peppers in third section. Peppers, pimentoes and cucumbers should radiate from cress center to outer edge of tomato. French dressing.

Florentine

Lettuce, grapes, nuts

On a bed of lettuce, place several large hot-house grapes seeded and stuffed with nut kernels, or nuts mixed with cream cheese. Thousand Island or French dressing.

Florida

Lettuce, bananas, celery, oranges, grapefruit.

On a bed of lettuce, place a banana skin with fruit removed, removing fruit by just removing one section of skin. This can be done by cutting banana skin with a sharp knife just through the one section at both ends, and about one-half inch from end of banana. Fill skin (which should be bright yellow and free from spots if possible) with equal quantities of finely shredded celery, cubed bananas, oranges and grapefruit, mixed with a creamy mayonnaise. Paprika over top.

Fontenay

Pears, pineapple, strawberries, nuts, endive, lettuce, celery

Place an orange basket on bed of lettuce and fill with shredded endive, pears, pineapple, celery and sliced strawberries. Garnish top with chopped nuts. Mix fruit with a creamy mayonnaise.

Forenzia

Chicory, escarole, celery, beets, pears

On a bed of chicory and escarole broken into two-inch pieces, place some finely julienned celery and red beets. On top of celery and beets place five slices of canned Bartlett pear. French dressing.

Foster

Tangerines, bananas, pineapple, romaine, lettuce

Line a half shell of a king tangerine with romaine and place on a bed of lettuce. Fill tangerine shell with cubed tangerine, pineapple and bananas. Sprinkle with Jamaica rum and paprika.

Francaise

Cos lettuce, chapon, chervil, tarragon, chives

Wash clean and dry cos lettuce thoroughly. Place a chapon in bottom of salad bowl and tear lettuce up in small pieces with fingers. Use enough oil to coat or bathe each leaf. Add a pinch of finely chopped chervil, tarragon and chives. Toss with a wooden spoon and fork. Sprinkle with a little salt and some freshly ground pepper. Lastly, add pure cider vinegar—proportion oil to vinegar 3 or 4 to 1.

AUTHOR'S NOTE: This is the salad of our forefathers and a salad of this kind should find a place on every table throughout the year at least once a day. It is highly medicinal being rich in mineral matters which are beneficial to health. Lettuce is strictly alkaline and is a carrier on account of its high water content. A glass of milk, a crust of whole wheat bread and the above salad, which is the philosopher's stone for the thinker or one of sedentary habits, should constitute the noonday meal. It is nature's medicine—it is health itself.

Salad can be served without vinegar if the acid distresses. Lemon juice to be substituted.

Frances

Romaine, peaches, green and red peppers

On a half heart of romaine, or third heart, place sliced peaches and cover with sour cream dressing or mayonnaise. Garnish top with fanciful cuts of green and red peppers.

Francillion

Same as Frou-Frou No. 1. Served in a heart of lettuce made into a basket.

Frivole

Lettuce, celery, pimentoes, tomatoes, beets

On a bed of lettuce or in a bowl lined with lettuce, place some julienned celery and pimentoes. Lay three slices of peeled red tomatoes on top and sprinkle chopped pickled beets over tomatoes.

Frou-Frou I

Lettuce, potatoes, artichoke, beets, truffles

In a bowl lined with lettuce, place equal quantities of sliced artichoke bottoms and potatoes alternated in ring. Place diced beets in center and chopped truffles over top. Artichokes to be seasoned with white wine. Thousand Island dressing or French dressing. Mussels are sometimes used in place of beets.

Frou-Frou II

Lettuce, chicory, celery, escarole, beets, hard-boiled egg whites, truffles, chives

In a bowl lined with lettuce, place equal quantities of chicory, escarole, celery, beets and whites of eggs all in a fine julienne. Sprinkle top with chopped truffles and chives. French dressing.

Frozen Canned Tomato

Handle the same way as Frozen Pear Salad

Frozen Chicken

Chicken, red and green peppers, mushrooms, celery, parsley, whipped cream, milk, eggs, gelatine, lemon juice, lettuce

Thicken one cup of whole milk with three or four yolks of eggs in double boiler. Soak half a package of fruit gelatine in third cup of cold water and add to eggs and milk. Season to taste. Have ready one pound of diced chicken (white meat preferably) mixed with green and red peppers, cooked or canned mushrooms, parsley and celery—the combined to be one-half pound. Mix in a little whipped cream and lemon juice. Place in a mould and freeze for three hours. Slice and serve on bed of lettuce. Mayonnaise.

Frozen Fruit I

Assorted fruits, whipping cream, mayonnaise

1 pint assorted fresh fruits cut in small cubes.

½ pint whipping cream mixed with ½ pint of mayonnaise.

Mix fruit, cream and mayonnaise and place in moulds—and freeze. Slice and serve on leaves of lettuce.

Serve with a sweet Mousseline dressing.—*F. Stadelman, chef, Hotel Radisson.*

Frozen Fruit II

Orange, pears, grapes, pineapples, cocoanut, lettuce

Mix equal proportions of diced oranges, pears, seeded grapes, minced pineapple and a half and half mayonnaise and whipped cream dressing. Squeeze a little lemon juice over fruit and add a little sugar and shredded cocoanut. Place in

mould and freeze three hours. Slice and serve on bed of lettuce. Serve a fruit mayonnaise.

Frozen Pear

Canned pears, cherries, lettuce, cream cheese

Freeze a can of Bartlett pears. Turn it out of can, slice and serve on bed of lettuce at once. Sprinkle paprika over top and garnish with rosettes of cream cheese and cherries. French dressing or red fruit mayonnaise.

Frozen Tomato, Radisson

(*See Tomato Radisson, Frozen*)

Frozen Tutti-Frutti

Figs, dates, raisins, pecans, pineapple, lettuce, cherries

Mix equal parts of diced figs, dates, raisins, pecans and grated pineapple and squeeze over fruit the juice of lemon. Mix with a dressing of half and half whipped cream and mayonnaise. Freeze in mould and slice and serve on bed of lettuce. Decorate with chopped fresh black and red or maraschino cherries. Mayonnaise.

Fruit

Lettuce, pineapple, orange, grapefruit, cherries, pear, apple, grapes

(Bowl.) Line a bowl with lettuce. Place cubed pineapple, pear and apple on bottom. Alternate on top of apple and pineapple, two sections of orange and two of grapefruit. Garnish with hot-house grapes, fresh cherries or strawberries, or any small fruit in season. Maiden Blush, French or mayonnaise dressing.

AUTHOR'S NOTE: A fruit salad can be made out of any combination of fruits and can be cubed, shredded or sectioned; the cubes are preferable. Fruits are blood, bone and nerve builders. The fruits in the above salad, like all true fruits, are high in positive mineral elements and very low in starches, pro-

tein and fats. The sugar and mineral matter of fruits is quickly converted into assimilative matter and is the best of tonics.

"Acid foods should be avoided where the main dish of the luncheon is of a starchy composition. In fact acid foods should be avoided whenever starches are taken into the system."

Dr. J. H. Kellogg made several thousand examinations of stomach contents. After a test meal found that from half to three-quarters of an hour was occupied by the saliva in the stomach in effecting the digestion of the starchy foods before the acid secreted by the stomach stopped its action.

"It is to be observed that it is not healthful to eat acid and starchy foods at the same time, because the acidity of the stomach stops digestion of starchy foods. The same thing happens when you add starchy foods to an acid meal."

Dr. Albert H. Hoy, in his book "Eating and Drinking," writes, "Acids of all kinds inhibit the diastatic action, the normal degree of acidity of the gastric juice; namely, one part to 4000 of stomach fluid, is sufficient to completely inhibit the action of saliva on starchy foods.

"The greatly less, yet distinct action of acids of sour fruits in hindering the action of saliva, or ptyalin of the saliva upon starch explains why many persons with weak digestion are unable to take acid fruits in connection with farniaceous foods."

Fruit, Frozen

(*See Frozen Fruit*)

Gadski

Romaine, alligator pear, apples, green peppers

On heart of romaine, place several slices of alligator pear all uniformly cut. Between each slice, place some long, finely julienned eating apples. Garnish top with chopped green peppers. French dressing.

Galli-Curci

Lettuce, pineapple, green peppers, cream cheese

On leaves of lettuce, place a slice of pineapple. Rosette top of pineapple with cream cheese thinned with raw cream (five rosettes—one center and four at sides). Sprinkle julienned green peppers over top. French dressing.

Gambetta

Artichoke bottoms, lettuce, fine herbs, hard-boiled eggs, truffles

On a bed of lettuce, alternate slices of artichoke bottoms with slices of hard boiled eggs. Place four slices of truffles on top of salad. Add some fine herbs to a good French dressing and serve.

Garcia

Lettuce, apples, celery, pimentoes

On a bed of lettuce, place mould of Waldorf salad and garnish with pimentoes.

Gardaise

Lettuce, chicken, potatoes, celery, truffles, hard-boiled eggs

(Bowl.) In a bed of lettuce in form of a basket, place julienned chicken, potatoes and celery mixed with a creamy mayonnaise. Garnish with slices of truffles and hard-boiled eggs.

Gaspacho I

(*See Andalusian I*)

Gaspacho II

(*See Andalusian II*)

Gastronome

Lettuce, oranges, pears, apples

On slice of heart of lettuce, place sections of orange, pears and apples alternately. Pears and apples to be cut the same size as the sections of orange. French dressing.

Gaulois

Romaine, asparagus tips, celery, mushrooms, truffles, cress

On a third head of romaine, place four or five spears of asparagus tips. Over asparagus sprinkle finely julienned celery, mushrooms and truffles. Garnish sides with small rosette of cress. French dressing.

General Farnsworth

Lettuce, pear, celery, cream cheese, apples, cress, green peppers

On bed of lettuce, place half Bartlett pear, hollow side up. Fill pear with finely julienned eating apples and finely julienned inner stalks of celery mixed with cream cheese that has been thinned with raw cream. Chop green peppers and sprinkle over top. Garnish sides with two rosettes of watercress. French dressing.

AUTHOR'S NOTE: During the author's term as Mess Officer for the General, this salad found a regular place on the menu every week. It also was one of the salads served during the War on French Dining Cars in France which were operated by the author for the American Government, and one which always found favor when served.

The salad is tasty, healthful, unique, and should be eaten with meats or as the main dish of the luncheon. The apples and celery should be piled in pear so that they are equal in quantity to the pear itself.

General Joffre

Romaine, grapes, cream cheese, bar le duc

On a third of a heart of romaine, place several seeded hothouse grapes stuffed with cream cheese. Place rosettes of cream cheese at four sides of grapes and fill center of rosettes with bar le duc. French dressing.

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ENCARPUS SALAD

Lettuce, orange, pear, grapefruit, cherries, cream cheese

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FAN SALAD

Endive, orange, grapefruit, red and green peppers, alligator pear, cherries, pimentoes, pickled walnut, cream cheese

General Pershing

Romaine, orange, apples, grapefruit

On half heart of romaine, place alternately sections of orange, grapefruit and Jonathan eating apples. Decorate top with four stars cut out of golden pineapple with column cutter. French dressing.

Gentilhomme

Lettuce, potatoes, string beans, cucumbers, tomatoes, truffles, anchovies, beets, olives, celery

In a bowl lined with lettuce, place equal quantities of sliced potatoes, cubed string beans, tomatoes, julienned cucumbers, and celery. Mix with a mayonnaise and garnish with julienned truffles, strips of anchovies, fanciful cut beets and olives.

Georgia Georgian

Lettuce, celery, tomato, pickled walnuts

In a bed of lettuce, basket shaped, place a whole, small, ripe, peeled tomato hollowed out and filled with finely julienned celery and mayonnaise. Garnish top and sides with slices of pickled walnuts. Place top of tomato on before serving.

German

Lettuce, beets, potato salad, chives

On a bed of lettuce, place a mixture of equal parts of potato salad, sliced beets and shredded lettuce; sprinkle chopped chives over top. French dressing.

AUTHOR'S NOTE: This salad should not be mixed until ready to serve. A few chopped caraway seeds can be added. Potato salad can be placed in the center on a mound of shredded lettuce and sliced beets overlapped in a circle around potato salad.

German Cauliflower

Lettuce, cauliflower, bacon, caraway seeds

In a bowl lined with lettuce, arrange white rosettes of cauliflower. Dice bacon and fry brown. Use bacon fat in place of oil in making French dressing. Add a few crushed caraway seeds. Sprinkle fried diced bacon over cauliflower and add dressing. Serve.

Half ounce of diced bacon to an a la carte order is sufficient.

Gertrude

Endive, mushrooms, cress

On half heart of endive, place equal amounts of watercress and julienned mushrooms. French dressing with paprika.

Gibson

Romaine, grapefruit, oranges, pears, apples, green peppers, endive

On a bed of romaine flank sides with finley julienned endive. Place on top of romaine sectioned pears, oranges, grapefruit and apples all cut about same size and alternated. Sprinkle julienned green peppers over top. French dressing.

Ginger Ale

Nuts, pineapple, orange, grapes, ginger, jello, ginger ale

Mix one cup boiling water, one package lemon jello, one tablespoon sugar and 1½ cups ginger ale—let cool. When beginning to jell add: ⅓ cup nut meats broken, ⅓ cup pineapple in dices, ⅓ cup orange in small pieces, ⅓ cup green grapes, ⅓ cup candied ginger.

Serve with either boiled or mayonnaise dressing and whipped cream, as preferred. Use individual moulds.

If a clear salad is desired, add one cup of orange juice and one-third cup of lemon juice and increase sugar to one-third cup, omitting the fruits and nuts.

Gladiola

Lettuce, alligator pear, oranges, pineapple, strawberries

On leaves of lettuce, place half alligator pear filled with oranges and pineapple diced. Decorate with strawberries. French dressing.

Goblin

Chicory, oranges, grapes, red and green peppers, nuts

On a bed of curly chicory, place six thin slices of oranges overlapping each other in a sort of circle. Place two halves of hot-house grapes at top for eyes, finely julienned red and green peppers for nose down through center, finely julienned sweet red peppers for mouth, chopped nuts for freckles. French dressing.

AUTHOR'S NOTE: This makes a good salad for Hallowe'en Night. The slices of oranges can be so arranged to form a face. If four sections are placed in a row and one at either side, you have sort of a square headed goblin. A little pimento over eyes for eyelids is effective, the nose of julienned pepper piled up makes a ragged looking affair, which gives the effect. If red peppers are used for nose, use the finely julienned green peppers for his hair. A slice of pineapple can be garnished in like manner.

Golden Gate

Endive, grapefruit, oranges, red and green peppers

On heart of well trimmed and bleached endive, place at either end a section of grapefruit lengthwise. Place six sections of orange in center and crosswise in a row. Arrange oranges to look like a gate, add red and green peppers criss-crossed as garnish. French dressing.

Golden Leaf

Lettuce, endive, green peppers, orange, rhubarb

On a bed of lettuce place a half head of endive and then arrange sections of orange in shape of a leaf. Make veins out

of julienned green peppers and decorate orange sections. Make center rib and lower end out of julienned stewed hot-house rhubarb, middle rib to graduate in fineness from stem end to tip. French dressing passed at table.

AUTHOR'S NOTE: This is an extremely delicate and beautiful salad. Leaf can be made artistically and served at fall festivals or home-comings, Thanksgiving, etc.

Endive to form a sort of raised base to arrange your leaf on —orange sections to radiate from this center endive base. The small pink hot-house rhubarb should be served. In case it is unprocurable use julienned strips of fresh pineapple for mid rib.

Golf

Lettuce, cream cheese, cress, almonds

On a bed of lettuce, place small sprigs of cress so it looks like putting green. Place a large ball of cream cheese in center mixed with very finely ground almonds. Make ball look like a real golf ball by using fork to make ridges. French dressing. —*Chef E. Schlensener, Greenbrier Hotel.*

Good Luck

(*See Horseshoe*)

Gotham

Romaine, pears, tomatoes

On a bed of romaine, place in a row small sections of peeled ripe tomatoes; between sections place finely julienned Bartlett pears. French dressing.

Gourmand

Lettuce, oranges, pears, apples

On heart of lettuce, or a bowl lined with lettuce, place equal quantities of cubed oranges, pears and finely julienned apples mixed with mayonnaise.

AUTHOR'S NOTE: Webster says, "Gourmand—greedy

eater, glutton." The salad should be served a la heavy portion, if there is anything in a name. The author is not the originator of the salad or the name. The ingredients can be sectioned instead of cubed and served on a plate.

Gourmet

Lettuce, hard-boiled eggs, beets

On a bed of white bleached lettuce, place a row of slices of whites of eggs, yolks removed, and slices of fiery red beet fitted into hole. Gourmet dressing.

Grand Union

Lettuce, green peppers, tomatoes, slaw

On a bed of lettuce place cole slaw mixed with green peppers and French dressing. All around cole slaw place half slices of peeled tomato overlapping. French dressing.—*Chef E. Schlensener, Greenbrier Hotel.*

Grapefruit Surprise

(*See Modern 11*)

Guillaum

Potatoes, artichokes, hard-boiled eggs, radishes, watercress

(Bowl.) In a bed of watercress, place equal quantities of diced potatoes and artichoke bottoms mixed with mayonnaise. Garnish with slices of hard-boiled eggs and thinly sliced radishes.

Gulfport

Lettuce, celery, shrimps, crabmeat, olives, capers, cress hard-boiled eggs

On leaves of lettuce or in a bowl lined with lettuce with a base of finely julienned celery, place equal quantities of small shrimp (cleaned) and large crab flakes. Mix crabmeat with mayonnaise in a mound and circle shrimps around it attractively. Place a few chopped capers and ripe olives mixed

together with mayonnaise in center of each shrimp. Garnish with shrimp tails and hard-boiled eggs quartered. Pass mayonnaise at table.

AUTHOR'S NOTE: Gulfport and Biloxi produce the finest shrimp supplied to our markets. The peak of mound can be garnished with cress and the salad can be masked before being sent to table; but for effectiveness, mayonnaise should be passed. Mayonnaise should have a little curry worked into it, as the curry and crab blend well together. (See illustration opposite page No. 106.)

Gumbo

Okra, green and red peppers, mushrooms, cherry tomatoes, hard-boiled eggs, lettuce

Cut young okra pods in halves, quarters, or slice and mix with shredded lettuce, diced mushrooms, red and green peppers. Add Thousand Island dressing and serve in a bowl lined with lettuce. Garnish with cherry tomatoes and hard-boiled eggs. Okra should be boiled just a little underdone so that it can be handled. The mixing should be done carefully so the okra holds its shape.

Gwendoline

Lettuce, chicory, celery, apples, red and green peppers

(Bowl.) In a bowl lined with lettuce, place on bottom two-inch pieces of chicory. Add finely julienned celery and apples mixed in a mayonnaise thinned with tarragon vinegar. Garnish top with fanciful cut green and red peppers.

Gypsy

Lettuce, celery, beets, chives

On a half heart of lettuce, place a row of beet slices overlapping and sprinkle julienned celery and chopped chives over. French dressing.

Half Chinese Mango

Lettuce, mangoes.

Served on bed of lettuce like alligator pear. French dressing.

Ham

Ham, celery, apples, ripe olives, lettuce, truffles, green peppers

On a bed of lettuce, place equal quantities of finely julienned boiled ham, celery and apples mixed with Thousand Island dressing or mayonnaise. Garnish with slices of ripe olives, truffles and julienned strips of green peppers.

Harlequin

Red and white cabbage, beets, carrots, chives, lettuce

On a bed of lettuce, mould out raw red and white cabbage, raw carrots and cooked beets, each vegetable to be chopped fine and separately mixed with a little mayonnaise to bind. Place beets in mould first, then white cabbage, then carrots, and then red cabbage. Add a little onion juice and chopped chives to French dressing and serve.

Havanaise ✓

Lettuce, cantaloupe, alligator pear, orange

On a slice of a heart of lettuce, alternate long cut slices of cantaloupe and alligator pear with sections of orange. Vinaigrette or French dressing.

Have and Hold

Lettuce, cucumbers, beets, celery, tomato, green peppers, chives cream cheese

On a bed of lettuce, place a mound of equal quantities of finely julienned cucumbers, beets and celery mixed with Thousand Island dressing. Around mound place four half slices of peeled tomato, making a square. Decorate top of mound with an "H" cut out of thin julienned strip of green

pepper. Pipe a rosette on top of each tomato and in center. Rosettes to be made of a mixture of grated cucumbers, chopped chives, whipped cream and cheese. French dressing.

AUTHOR'S NOTE: Dr. Doran in his "Table Traits" tells of a dame who made her game at the matrimonial table with a salad, picked and mixed by her own hands, and so artistically done that it caused a learned judge with a red face to fall on his knees, yea, on the neck of this spinner of salads. Ere long the poor gentleman had reason to refute his choice and to applaud the wisdom of the proverb which declares any fool a competent salad-maker. The lady was a fool with a querulous temper and speedily showed herself as apt at picking a quarrel as a salad.

Gerarde extols the cucumbers as a remedial diet for persons afflicted with "fleagme, querulous temper, copper faces, red and shining fiery noses, with pimples, rubies and the like faces."

This salad is highly medicinal, according to Gerarde. Fine as an accompaniment of fish, and if the judge's fiancée had spun salads such as the above, the judge's face, as well as her temper, would have been materially improved and her "hold" on the judge considerably strengthened.

Moral: If you would keep (have and hold) your man, serve him cucumbers.

Hawaiian

Lettuce, pineapple, kumquats, red and green peppers

On a bed of lettuce place a slice of pineapple. Arrange thinly sliced kumquats around outer edge and on top of pineapple, and minced red and green peppers in center. Hawaiian dressing.

Hay Stacks

(*See Stacks*)

Head Lettuce and Cheese

Lettuce, Cheddar cheese

Place a quarter or half head of lettuce on leaves of lettuce and sprinkle one ounce of grated American Herkimer cheese

over top, or serve a one-ounce piece of cheese on side of lettuce. Serve oil, vinegar and condiments on the side also.

Romaine, chicory, or any other herb can be served the same way.

Health Salad

Lettuce, raw peppers, raw cabbage, raw carrots, cream cheese

On a slice of lettuce, place a mould of equal quantities of ground or chopped green peppers, raw cabbage and raw carrots. Mix each vegetable separately with a little white, creamy mayonnaise, just enough to bind before placing in mould. Garnish around base and the top with small rosettes of cheese. French dressing.

AUTHOR'S NOTE: The component parts of this salad retain all their minerals in their natural state as well as the elusive vitamins. The cooking of vegetables reduces their mineral content forty per cent. This salad is alkaline and healthful, and if masticated properly will prove beneficial to all who eat it; no matter what their complaint may be, fancied or real. It is healthful for young and old and happily named "Health."

The above salad, a glass of milk, and a crust of toasted gluten bread with butter should be eaten as a complete meal.

It is the opinion of the author that if this is done and followed every day with meals as correct in composition and coupled with the right kind of exercise, it would greatly augment the number of centenarians. Brillat Savarin said: "The fate of the nations depends upon how they are fed," and I add to this, not only upon how they are fed but upon the way their food is compounded. (See illustration opposite page No. 106.)

Heart of Palm

Romaine, heart of palm, red peppers, truffles

On a third slice of heart of romaine, place six slices of heart of palm. Garnish with julienned red peppers made in diamond shape on each slice and a smaller diamond of truffles in center of red peppers. French dressing.

Helene

Cherry tomatoes, green peppers, lettuce

In a bed of lettuce in form of a basket, place split cherry tomatoes and finely minced green peppers. French or Lorenzo dressing.

Herman Senn

Grapefruit, oranges, artichoke bottoms, truffles, red peppers, lettuce

In a small half grapefruit hollowed out and lined with lettuce, place cubed pieces of sectioned oranges, grapefruit and artichoke bottoms. Garnish with fancy shapes of red peppers and truffles. French dressing.

Herring

Herring, pickle, potato, apple, tongue, veal, chives hard-boiled eggs

Wash and soak one salt herring in milk over night. Skin and cut boned herring into dice. Julienne equal quantities of boiled ox-tongue and cold roast veal, about two ounces each. Dice a medium sized sour pickle, one large Jonathan apple, one large boiled potato, and a hard-boiled egg, and mix all together with the herring, and enough mayonnaise to bind. Garnish with quarters of hard-boiled eggs and sprinkle a few finely chopped chives or onions over top.

Hestia

Lettuce, red beets, red cabbage, red Spanish sweet pepper and red tomato

On a bed or nest of lettuce, place a hollowed out small red, ripe tomato filled with finely minced beets, raw red cabbage and small pieces of tomato mixed with a red Thousand Island dressing. Garnish top with small strips of flaming red sweet Spanish peppers, sticking up on ends.

AUTHOR'S NOTE: Hestia was the goddess of fire in its first

applications to the wants of mankind, hence the presiding deity of the domestic hearth and supposed to protect the sanctity of domestic life. In the early ages, the hearth was regarded as the most important or sacred portion of the dwelling and generally located in center of every house. The salad is rightly named. It is alkaline and health protecting.

As Hestia protected the fire from being snuffed out so will this salad help in the combustion of foods, and in keeping the human fires free from clinkers.

High Life

Pineapple, celery, lettuce, grapes

In a nest of lettuce, place a layer of finely julienned celery. On top of celery, place a slice of pineapple. Cover pineapple with creamy mayonnaise and garnish with hot-house grapes, seeded and halved.

Hindustan

Lettuce, celery, red peppers, orange, grapes

In a bed of lettuce in form of a basket, place finely julienned celery and red peppers mixed with Thousand Island dressing to which has been added a little curry powder or ground ginger. On top of celery and red peppers place five sections of orange. On top of orange a few slices of seedless hot-house grapes. French dressing.

Hofbrau

Lettuce, garlic sausage, Swiss cheese, onion, celery, pepper, potato

On a bed of lettuce, place equal quantities of very thin slices of garlic sausage and imported Swiss cheese. Sausage and cheese to be cut about same size. Mix in one minced green onion, stalk and all, one diced head of celery, one-fourth of diced green pepper and a thinly sliced boiled potato. Season with French dressing to which a little German mustard has been added.—*Recipe by Carl Roessler, Atlantic Hotel, Chicago.*

Mr. Roessler suggested the name Hofbrau because of the

fact that the waiters in the Hofbrau in Munich generally carried around the cheese and sausage to customers. The salad is extremely popular at the Atlantic Hotel, Chicago. Mr. Willy and the author had the privilege of sampling the Hofbrau Salad on February 16, 1926, and can assure those who wish a treat to try this real German Salad. Cheese to be cut about 1½-inch square. The quantity of cheese and sausage combined should be equal to the other ingredients.

Hongroise

Romaine, red and green peppers, endive, hard-boiled eggs

On a slice of romaine, place julienned endive and red and green peppers. Garnish with chopped hard-boiled eggs and sprinkle with paprika. French dressing.

Hoosier

(*See James Whitcomb Riley*)

Horseshoe Good Luck

Romaine, pear, pickled walnut, celery, bar le duc, cheese

On a slice of romaine place a thinned mixture of julienned apples and celery mixed with bar le duc and mayonnaise. Garnish top of mixture with three slices of pear. Pear slices to be cut from a whole canned pear lengthwise and trimmed like a horseshoe. Slices to be placed one inside the other and garnished with small squares of pickled walnuts to represent holes. French dressing.

Hortense

Romaine, carrots, celery, apples

On leaves of romaine, place a fine julienne of celery, carrots and Jonathan apples—carrots can be used raw or cooked. Place ingredients across romaine in mounds and in order named. French or Thousand Island dressing.

The Hotel Monthly

Lettuce, pineapple, almonds, celery, Cheddar cheese

On bed of lettuce place a mixture of equal parts of finely shredded pineapple, finely shredded blanched almonds, and finely shredded white inner part of celery mixed with mayonnaise. Sprinkle generously with Cheddar cheese.

AUTHOR'S NOTE: Mr. John Willy, editor of THE HOTEL MONTHLY, is a great lover of certain kinds of cheese, and especially of fine old Cheddar. The nearest American product to this is the old and properly cured Herkimer cheese that is served by the Fred Harvey Catering System. The author heard Mr. Willy say, many years ago, that he would walk a great distance to procure this certain kind of cheese and a piece of good gooseberry pie. Above salad has in its composition a cheese with the relishable tang he spoke about. The salad is tasty and healthful, but too concentrated to be eaten as an accompaniment to any meat course. It should form the main dish of a luncheon.

Hot Slaw I

Cabbage, bacon, eggs, butter, milk

Shred cabbage finely. Heat one cup of milk with a little butter, in a double boiler and thicken with three or four yolks of eggs. Season cabbage with vinegar, salt, mustard and sugar. A little fried diced bacon can be added if desired. Press out surplus vinegar on cabbage before adding dressing. Serve warm in bowl or cold on leaves of lettuce.

Hot Slaw II

Cabbage, chives, pimentoes

Shred cabbage very fine with machine or as fine as you can by hand. Add a few chopped chives and pimentoes and stir in a boiled salad dressing. Served hot or cold.

Huguenots

Romaine, asparagus tips, endive, hard-boiled eggs, pimento

On leaves of romaine or a slice of heart of romaine, alternate little mounds of julienned endive and spears of asparagus tips; two mounds of endive and two of tips. Strip the tips with a little band of pimento and the endive with a round slice of hard-boiled yolk of egg. French dressing. Mounds of tips composed of three each and laid crosswise on romaine.

Humble

Tripe, watercress, chives

In a bowl place a mixture of very finely cut marinated tripe, whole sprigs of fresh watercress and minced chives. Bacon dressing or French dressing.

Tripe at the present time is seldom served, but was one of the humble messes or salads served during the early Elizabethan days and was one of the dishes which the old English people enjoyed. "In the days of the Plantagenets, humbles of all kinds were rated as dainty fare, i. e., humble pies, stews, pastry, salads and puddings. However, the Tudor cooks, as well as the epicures, regarded them with qualified disdain, and dishes fit only for inferior boards at a noble banquet or to be served only to those who sat below the salt, whilst the higher-ups' regaled themselves with slices from the prime joints."

This plan of service gave rise to the phrase—To eat humble pie was to sit at the lower end of the table.

This humble salad is an economical one and is quickly prepared. Tripe has a certain amount of pepsin in its composition. All proteins are digested in a hydrochloric acid media. Hydrochloric acid mixed with pepsin changes proteids into peptones, or into a soluble and assimilative form, which is readily taken up into the system.

Hutson

Lettuce, pineapple, Canadian or American cheese

On bed of lettuce place a slice of pineapple and sprinkle ground American or Canadian cheese over pineapple. Cheese to have the proper cure and tang should be at least one year old. French dressing.

Ideal

Pear, raisins, pecans, celery, lettuce

On a bed of lettuce, place a half Bartlett pear. Fill center of pear with a mixture of equal quantities of chopped pecans, seedless raisins, and finely shredded inner part of celery. Sour cream dressing, or French dressing.

AUTHOR'S NOTE: This salad is highly nutritious. Excellent as the main dish for a luncheon, satisfying and healthful.

Imperial I

Green peppers, pimentoes, almonds, cream cheese, hard-boiled eggs, ripe olives, lettuce

Chop equal quantities of green peppers, pimentoes, ripe olives and blanched skinned almonds. Mix with cream cheese thinned with mayonnaise and cream to a consistence of double cream. Season with salt and paprika and place in individual moulds with a star of pimento in bottom. Freeze. Turn out on bed of lettuce. Garnish with quarters of hard-boiled eggs and serve. Mayonnaise dressing.

Imperial II

Asparagus, romaine, anchovies, truffles

On a third slice of romaine, place a mound of five asparagus tips crosswise from romaine. Strip tips with thin fillets of anchovies. Place a fine julienned border of truffles on both sides parallel with tips. French dressing.

Indian

Lettuce, pineapple, pimentoes, cream cheese

On a bed of lettuce in form of a basket place diced pineapple and chopped pimentoes mixed with cream cheese. Garnish with a chapeau of pimento. Cheese to be thinned down with raw cream. French dressing.

International

Lettuce, red and green peppers, apples, celery

On bed of lettuce, place equal quantities of finely julienned red and green peppers, eating apples and celery mixed with mayonnaise.

Iris

Romaine, tomatoes, hard-boiled egg yolks, almonds, bananas

On the light blue green, or inner leaves of romaine, place three peeled slices of red, ripe tomatoes. In the center of each slice, place slice of the yolk of egg. Garnish a French dressing with julienned blanched almonds and diced bananas. Pass dressing at table. Put almonds and bananas in dressing just before serving.

AUTHOR'S NOTE: Iris—the goddess of the rainbow: The three primary colors are included in the component parts of the salad, i. e., red, yellow and blue (blue green), out of which all other colors are made. The salad is not one of the author's. The arrangement is his and so arranged to bring out the idea.

Irish

Watercress, broccoli, potatoes, olives, chives

On a bed of watercress place a rosette of head of broccoli in center. Surround rosette with overlapping slices of boiled new potatoes which have been previously marinated in French dressing. Garnish top of potatoes with minced chives.

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GULFPORT SALAD

Lettuce, celery, shrimps, crabmeat, hard boiled eggs, cress, capers, olives

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HEALTH SALAD

Lettuce, raw peppers, raw cabbage, raw carrots, cream cheese

Iron

Dates, raisins, cottage cheese, endive, cress

On a bed of endive, place five washed dates stuffed with cottage cheese and seedless raisins. Garnish sides of endive with cress. French dressing.

AUTHOR'S NOTE: This is a very healthful salad and should constitute the main dish of any luncheon. Contains such health-giving elements as iron, calcium, lime, as well as the muscle-building protein. Salad should be chewed well. See comment on Ali Baba Salad. (See illustration opposite page No. 122.)

Isabella

Romaine, cherries, orange

On leaves of romaine, place five or six sections of orange; on top of orange sections place large black cherries cut in half and seeded. French dressing.

Isabelle

Lettuce, chicken, tongue, celery, artichoke, bacon

In a bowl lined with lettuce, place an artichoke bottom in center. Around artichoke place little mounds of finely julienned chicken (white meat), smoked ox-tongue, celery and broiled bacon. French dressing. Artichoke should be placed on mound of shredded lettuce to raise it up to be seen. Center of artichoke can be decorated with a little red mayonnaise.

Italian

In a bowl lined with lettuce, place Russian Salad No. 2. Garnish with slices of Lyons sausage and small thin fillets of smoked herring. French dressing.

Jacob's Ladder

(*See Sylvia*)

James Whitcomb Riley *Hoosier*

Lettuce, pear, grapes, cream cheese, cherries, filberts, mint leaf

On a bed of lettuce, place a half canned or fresh Bartlett pear. Pipe a thin layer of cream cheese in center of pear and garnish top center with four large black grapes, seeded, and a little rosette of red mayonnaise piped into top where seeds were removed. Pipe two rosettes of cheese at sides of pear and garnish top of rosettes with two red cherries with seeds removed and replaced with filberts. Place a green mint leaf alongside of cherry. French dressing.

"High up, through curled green leaves, a pear
Hangs hot with ripeness here and there.
Beneath the sagging trellisings,
In lush, lack-lustre clusterings,
Great torpid grapes, all fattened through
With moon and sunshine, shade and dew,
Until their swollen girths express
But forms of limp deliciousness—
Drugged to an indolence divine
With heaven's own sacramental wine."

The author knew James Whitcomb Riley for many years and knew that he loved fruit, because he so often wrote and sang about it. The composition of the salad was taken from the above verse by Riley. However, the author believes that if he were here ordering his dinner, he would order plain lettuce salad, if he ordered salad at all. Mr. Riley was a lover of plain food. The salad can be made from Indiana products, as the grand old state produces all. It is not complicated, it is delicious, healthful, and like the dear old soul and State it is named after, wholesome.

Japonaise *Jappanaise*

Romaine, oranges, red peppers

On a slice of romaine, place six sections of oranges. Garnish with strips of sweet red peppers. Serve a dressing made of cream, lemon juice and seasoned with salt and paprika, with a little mayonnaise whipped in.

Japanese Persimmons

Persimmons, grapefruit, endive, red peppers

In a hollowed out half persimmon, place diced endive, persimmons and grapefruit mixed with a stiff dressing made of sour cream, lemon juice, paprika, salt and chutney sauce. Garnish with pimentoes. Serve on bed of lettuce.

Jardiniere

Lettuce, asparagus tips, cauliflower, beans, beets, green peas

In a bowl lined with lettuce, place in center a bouquet of asparagus standing tip ends up. Around bouquet place a small mound of cauliflower rosettes, a mound of stringless beans, a mound of julienned red beets and a mound of fresh green peas. French dressing.

AUTHOR'S NOTE: A combination of any boiled or raw vegetables can be used in the above salad.

Jeanette

Lettuce, pineapple, pear, orange, cream cheese

On a bed of lettuce, place a slice of pineapple. On top of pineapple, place two sections of orange and two of Bartlett pear alternated. Garnish with a small rosette of cheese on top of each section. Lorenzo dressing.

Jenny Lind

Lettuce, cabbage, red and green peppers, bacon, cress, cream cheese pimentoes

Place a mixture of diced fried bacon, finely ground, marinated cabbage, and red and green peppers into leaf of lettuce. Fold into a small roll; trim ends and place two or three rolls on bed of watercress. Garnish with rosettes of cream cheese and two strips of pimentoes. French dressing or creamy mayonnaise.

AUTHOR'S NOTE: Cabbage, red and green peppers can be marinated for two or three hours and then drained, and just

before they are folded into the lettuce add very fine pieces of fried bacon. The mixture must be very fine and the lettuce leaves good so that a nice roll can be made. The salad should not be rolled until ready to serve, as the vinegar in marinate breaks down the connective tissues of lettuce and it becomes limp and unsightly. If rolled in two leaves the outer one will hold up. Roll the lettuce with a small amount of mixture and press to hold in shape. Cream cheese can be added to mixture, making it smoother and easier to roll.

Jockey Club I

Truffles, celery, artichokes, romaine, cress

In a bowl lined with romaine, or on a slice of heart of romaine, place a mould of finely julienned artichokes, hearts of celery and truffles mixed with a stiff mayonnaise. Garnish sides with a small rosette of cress and top with a floral piece made out of fanciful cut truffles.

Jockey Club II

Romaine, orange, berry, cress

On a bed of romaine, place skinned sections of orange like a bridge or saddle. Pile sections from either side and then drop top one in like a key stone to hold others in place. Garnish either side of bridge or saddle with rosettes of cress and place a strawberry or black fluted olive on top of fruit in center. If olive is used, pipe a small ball of cheese on top of olive. French dressing. Shredded lettuce can be used under orange sections to hold them up.

Johnson

Lettuce, celery, pear, sauerkraut, bran

On a bed of lettuce place a mixture of equal quantities of diced celery, canned pear, chopped sauerkraut and Kellogg's bran. Mix one part sour cream to three parts Thousand Island dressing and add to ingredients just enough dressing

to bind. Pass Thousand Island dressing at table. All ingredients must be thoroughly chilled.

AUTHOR'S NOTE: I name this salad Johnson, because the great philosopher said: "If he were to write a cook book it would be on philosophic lines." This salad has a reason for its existence, i. e.: the kraut is very beneficial in stomach troubles; the bran is noted for its action on the lower intestines, helping peristaltic action; the celery for roughage, as well as mineral content; the pear for flavor; the oil for lubricant, and sour cream for the bacilli it contains.

This salad can be served in a whole scooped out, ripe, chilled tomato, adding certain mineral compounds as well as adding to the attractiveness of dish. This salad has a nutty, pleasing flavor. Shredded lettuce can be used instead of kraut if desired. When shredded lettuce is used add it to the other ingredients just before serving.

Josephine

Lettuce, potatoes, celery knobs, beets, hard-boiled eggs

In a bowl lined with lettuce, place equal quantities of sliced potatoes, celery knobs and beets. Garnish with hard-boiled eggs. Mayonnaise or French dressing.

Judie

Lettuce, endive, olives

On leaves of lettuce, place julienned endive mixed with chopped mixed olives. French dressing.

Julienne

Lettuce, escarole, chicory, carrots, celery knobs, stringless beans

In a bowl lined with lettuce and with shredded lettuce on bottom, place chicory, escarole, carrots, celery knobs en julienne and mixed with cubed green stringless beans (small species). French dressing or Mayonnaise served separately.

AUTHOR'S NOTE: Many salad makers add green peas and

turnips to the above. Turnips are too assertive and peas too starchy, so both are left out. The chicory and escarole cannot be shredded very well but they can be cut uniformly and through the length instead of across.

Juliette

Lettuce, truffles, celery, French string beans, artichoke

In a bowl lined with lettuce and shredded lettuce on bottom, place in center an artichoke fond (or bottom). Around artichoke bottom place a mound of finely julienned celery, a mound of julienned truffles and a mound of French string beans. French dressing.

Kaironan

Oranges, bananas, cucumbers, lettuce, romaine

On leaves of romaine, place shredded lettuce. On top of lettuce, place sections of orange alternately with bananas cut lengthwise about the same size as orange sections. Over top of fruit, sprinkle julienned cucumbers. French dressing.

Kaisonan

Bananas, cucumbers, lettuce, romaine

On leaves of romaine and shredded lettuce, place a half banana, ends trimmed and scooped out, and center filled with julienned cucumbers. French dressing.

Kellogg

Lettuce, carrots, tomatoes, bran

On a bed of shredded lettuce, place equal amounts of Kellogg bran, grated raw carrots and diced tomatoes moulded out and masked with Thousand Island dressing or mayonnaise. Carrots and tomatoes to be seasoned before dressing is added.

Kentucky

Lettuce, tomato, tongue, ham, sweet peppers, celery, cress

On a bed of lettuce, place a slice of peeled ripe tomato. Sprinkle a fine julienne of tongue, ham, sweet peppers and celery over top. Garnish with two rosettes of cress and serve a French dressing with a little Creole or chili sauce added.

Kerockey Knacker

Oranges, grapefruit, grapes, nuts, lettuce

On a slice of heart of lettuce, place alternately three sections of orange and three of grapefruit. Garnish with halved, seeded, hot-house grapes and chopped nuts. French dressing.

King Siam

Lettuce, apple, pineapple, bananas, King Siam tangerines, ripe olives

On a bed of lettuce, place a half apple which has been peeled and scooped out, so that only one-eighth inch of shell remains. Marinate apple shells in half lemon and orange juice to whiten and flavor. Fill shells with diced bananas and pineapple mixed with a Maiden Blush dressing. Decorate top with sections of King Siam tangerines.

AUTHOR'S NOTE: A very beautiful, tasty and attractive salad. All connective tissue must be cut from the King Siam tangerines and only the largest and reddest are to be used. King Siam tangerines come as large as the 100 size oranges.

In decorating top, place tangerine sections in shape of a daisy and place a slice of ripe olive in center.

Kinsley's American Chicken

Chicken, lettuce, capers, hard-boiled eggs, parsley

Make a chicken salad out of julienned white meat of chicken. Break up lettuce in small pieces and add to salad just before serving, then mix in a good mayonnaise and garnish

with capers, hard-boiled eggs and chopped parlsey. (*Taken from an early recipe book issued by H. M. Kinsley of the famous Kinsley Restaurant.*)

Knacker

(*See Kerockey*)

Knickerbocker

Apple, alligator pear, orange, grapefruit, tomato, romaine

On leaves of heart of romaine, place two sections of orange, two of grapefruit, two of ripe, peeled tomato, two of peeled eating apple and two of alligator pear. Sections must be small and uniform in shape. Original recipe calls for three sections of above. Alternate the colors as directed. French dressing.

Kosher I

Sardines, slaw, lettuce, hard-boiled eggs, garlic

In a bowl lined with lettuce and rubbed with garlic, place cold slaw mixed with chopped boned sardines. Garnish with hard-boiled eggs, quartered. French dressing.

Kosher II

Duck or goose, apples, celery, lettuce, garlic or chapon

In a bowl lined with lettuce and rubbed with garlic, or with a chapon placed on bottom, place finely julienned roast goose or duck, celery and apples. Season, and mix with mayonnaise.

Kuroki I

Romaine, pear, grapefruit, pimento

On a half heart of romaine trimmed, place three sections of grapefruit and three of pear alternately. Crisscross top with pimentoes. French dressing.

Kuroki II

Romaine, oranges, grapefruit, apples, sweet peppers

On a half heart of romaine trimmed, place two sections of oranges, two of grapefruit and two of Jonathan eating apples. Decorate with sweet peppers. French dressing.

Ladies' Delight

Lettuce, pineapple, strawberries, cream cheese, orange

On leaves of lettuce or romaine, place a slice of pineapple. Place a rosette of cheese in center and garnish with strawberry. Place two sections of orange on either side of rosette (four in all) and make a border of halved strawberries around outer edge of pineapple. French dressing.—*By Chas. Spieler, maitre d'hotel, Congress Hotel, Chicago.*

Lady Holland

Pear, raisins, pecans, celery, lettuce, peppers

On a bed of lettuce, place a half canned Bartlett pear. Fill center with a mixture of chopped pecans, seedless raisins and celery mixed with Maiden Blush dressing. Garnish with strips of green and red peppers. Pass French dressing.

Lady Windermere

Romaine, cucumbers, celery, asparagus, beets, olives, cream cheese, green and red peppers, tomato

On a slice of a small romaine, shaped like a fan with connecting stem left intact, place equal quantities of shredded cucumbers, finely julienned celery and chopped connective fresh tomato tissue mixed with a Thousand Island dressing. Garnish with five spears of asparagus tips in a sort of fork shape with ends together at stem end of romaine and tips radiating outward toward opposite end. Garnish end of fan with chopped beets, ripe olives and green and red peppers. Pipe a rosette of thinned cheese at handle end and place a piece of

black olive for handle. Asparagus to be placed like two Vs, one within the other, and the fifth stalk to be right on center—all stem ends together or placed like ribs of fan. Cheese to be piped on top of asparagus tips. (See illustration opposite page No. 122.)

Lamb's Tongue

Lettuce, pickled lamb's tongue, new potatoes, cress, chives

In a bowl lined with lettuce, place equal quantities of thinly julienned pickled lamb's tongue and boiled new potatoes. Sprinkle chopped chives over top and decorate with rosette of cress. French or mayonnaise dressing.

Lamm

Pineapple, cherries, bananas, almonds, lettuce

On leaves of lettuce, place a slice of pineapple. On top of pineapple, place four slices of banana, equal distance apart at outer edge. Garnish tops of banana with a seeded black cherry and fill center of pineapple with chopped, blanched almonds. French dressing.

Lansdale

Cherry tomatoes, celery lettuce

In a basket made out of heart of lettuce, place equal quantities of cherry tomatoes and finely julienned long cut celery. Mask with mayonnaise. Paprika over top.

Laperouse

Lettuce, scallop shell, shrimp, lobster, crab meat, celery, capers, hard-boiled eggs

On a bed of lettuce, place a medium sized scallop shell, fill center with diced shrimp, lobster, crab meat and finely diced celery, marinated and mixed with mayonnaise. Garnish with capers and hard-boiled eggs.

Leek

(*See Boiled Leek*)

Lenten

Cress, cream cheese, hard-boiled eggs, whipped cream, nuts, lettuce

On a bed of lettuce and watercress place two half ovals of cream cheese mixed with finely ground nuts and rolled into shape of half eggs. Roll cheese carefully to make the appearance of half egg and flatten top side with knife. Cut half yolk of egg in two and press yolk into cheese and into place. Garnish top of white around the yolk with a whipped cream mixture, piping mixture through a small forcing sack. This will give the appearance of half of a hard boiled egg. Serve with a French dressing.

AUTHOR'S NOTE: If you cannot mould into shape, take small wine glass for your mould. Dip glass in water first so that cheese can be removed easily. Cheese should not be too soft. Use blanched almonds.

Lettuce

Half or quarter heart of lettuce

Serve with French, Mayonnaise, Thousand Island, Roquefort or other dressing.

AUTHOR'S NOTE: During the early part of the reign of Geo. I salad was so scarce an article that it was necessary for the king to send to Holland to procure a lettuce for his queen. The kitchen garden of Henry the Eighth was worse supplied than that of Charlemagne, who not only raised vegetables, but as Gustavus Vasa's queen did with her eggs and milk, made money by the sale of them. He was a royal market gardener and found more profit in his salads than he did in his sons.

Lettuce Roll

Lettuce, raisins, dates, nuts, cottage cheese, red pepper

Roll in fine, bleached lettuce leaf, a mixture of cottage cheese finely chopped nuts and seedless raisins. Trim and serve on bed of lettuce; rolls to be made uniform and rolled a trifle larger than center finger. Garnish top with half a date in center of

each roll and two small strips of red peppers on either side. French dressing.

Boston lettuce makes an ideal leaf to roll.

Lewis

Grapefruit, grapes, lettuce, nuts

In a basket made out of the heart of lettuce, place equal quantities of cubed grapefruit and halved seeded grapes, mixed with creamy mayonnaise. Garnish with grapes and chopped nuts.

Lillian

Lettuce, cream cheese, bar le duc

On half heart of Boston lettuce, place four small balls of cream cheese. Three in a triangle and one on top. Bar le duc over top. French dressing.

Chef E. Schlensener, Greenbrier Hotel: "Nothing but Boston lettuce is used at this Hotel."

Lily

Lettuce, bar le duc, cream cheese, hard-boiled eggs, parsley

In center of a half head of lettuce formed in shape of a lily, place several small cheese balls, made from cream cheese. On each ball place just a little dot of bar le duc. Sprinkle chopped yolks of eggs and a little chopped parsley in center. Leaves to be arranged in a flower shape so that it has somewhat the appearance of a flower. French dressing.

Lincoln Log Cabin

Lettuce, endive, beets, cress, asparagus tips

On a bed of lettuce, place a small mound of finely julienned lettuce, endive, beets and cress, mixed with Thousand Island dressing, and around build a log cabin of asparagus tips. When

building with tips, gradually come into center with grass so roof can be made securely. French dressing.

Use just enough Thousand Island dressing to bind ingredients together.

Lobster

Lobster, hard-boiled eggs, lettuce, capers, celery

(Bowl) Cut up boiled lobster in half-inch pieces and season with salt, pepper and vinegar. Drain and mix with mayonnaise, place in salad bowl lined with lettuce. Garnish with hard-boiled eggs (quartered), lobster claws or tail, and sprinkle capers over top. Capers can be omitted. Diced hearts of celery can be added.

Log Cabin

(*See Lincoln*)

Lollipop

Lettuce, orange, cherry, strawberries, angelica, chicory

On a leaf of well bleached lettuce, make a circle or complete round of orange sections. In center of orange place a red cherry and around cherry slices of large, red strawberries overlapping. At outer extreme edge, where orange sections open up, place finely julienned or chopped curly, white chicory to represent paper covering. Place a thin stick of angelica radiating from center to outer edge of plate to make picture complete.

AUTHOR'S NOTE: This salad is decorative. Acids are feeble and quickly changed into neutral, assimilative matter, highly healthful and beneficial to young and old. Can be used at special parties where novelties are in demand.

Lollipop—meaning a sugar confection that melts in the mouth. The salad, with exception of angelica, carries out the idea. The word comes from the French "Loll" plus "pop," meaning mixed liquor.

Salad can be served with Seven Fruit Juice or French dressing.

Angelica can be omitted and a short inner stalk of endive rolled or cut and used. The sections of the orange should be cut thin and worked as close together as possible to make a wheel or circle.

A slice of pineapple can be used instead of the orange slices. The pineapple or orange slices should be off the center of plate to carry out idea.

Long Island

Lettuce, cream cheese, bar le duc

On a slice of head lettuce, pipe a border of cream cheese, and in center a rosette in shape of a nest. Fill center rosette with bar le duc. French or Lorenzo dressing.—*Charles Spieler, maitre d'hotel, Congress Hotel, Chicago.*

Lorraine

Endive, beets, onions, hard-boiled eggs, parsley

On leaves of endive, place several slices of red beets in a row. Over top sprinkle finely sliced spring onions, chopped hard-boiled eggs and parsley. French dressing.

Lorenzo I

Escarole, pear, celery, pineapple, apple, maraschino cherries

On a bed of escarole, place a preserved or canned half Bartlett pear, hollow side up. Fill center with finely julienned celery, apples and pineapple. Garnish with maraschino cherries. French dressing.

Lorenzo II

Escarole, chicory, pineapple, artichoke bottoms, hard-boiled eggs, celery, lettuce, pear

Line bowl with lettuce and place broken pieces of chicory and escarole on bottom. On top of escarole, place equal

quantities of thinly sliced pineapple, pear, artichoke bottoms, and finely julienned celery. Mask with mayonnaise and garnish with slices of hard-boiled eggs.

Lorenzo III

Romaine, celery, pears, apples, oranges

In a bowl lined with bleached leaves of romaine, place julienned celery, pears and apples mixed with cubed oranges. French dressing.

Lorenzo IV

Romaine, lettuce, pear, cress

On a bed of lettuce, place broken pieces of romaine; on top of romaine place several slices of canned pears. Garnish sides of pear with two rosettes of cress. Serve Lorenzo dressing.

Lorette

Fetticus, chicory, beets, celery, cress

On a bed of fetticus or chicory, place julienned celery or celery knobs, and sliced beets. Garnish with rosettes of cress. French dressing.

Louise I

Lettuce, apples, celery, orange, grapes

In a heart of lettuce in form of a basket, place finely julienned celery and eating apples. On top of celery and apple, place several skinned sections of orange. Place on top of each section of orange a seeded hot-house grape. French dressing.

Louise II

Pineapple, celery, lettuce

Cut the top off of a whole pineapple about three inches from top and scoop it out. Refill with the parisienned pineapple, and finely julienned celery, mixed with a stiff mayonnaise. Place top back on and tie tri-colored ribbons around center of

pineapple and serve in bed of lettuce on large silver platter. Have enough small baskets of lettuce placed around pineapple to complete service for the number of guests at the table. Additional mayonnaise can be passed at the table. This is a very attractive way of serving salad as a course to 6 or 8 guests.

Louisiana

Lettuce, tomato, okra, red and green peppers, rice

On a bed of lettuce, place a hollowed out, peeled, ripe tomato. Fill tomato with cubed tomato, sliced underdone okra pods, julienned red and green peppers and boiled rice. Serve with Creole dressing. Season rice and okra well.

Lou-Lou

Lettuce, tomato, artichoke bottoms, asparagus tips, Spanish peppers

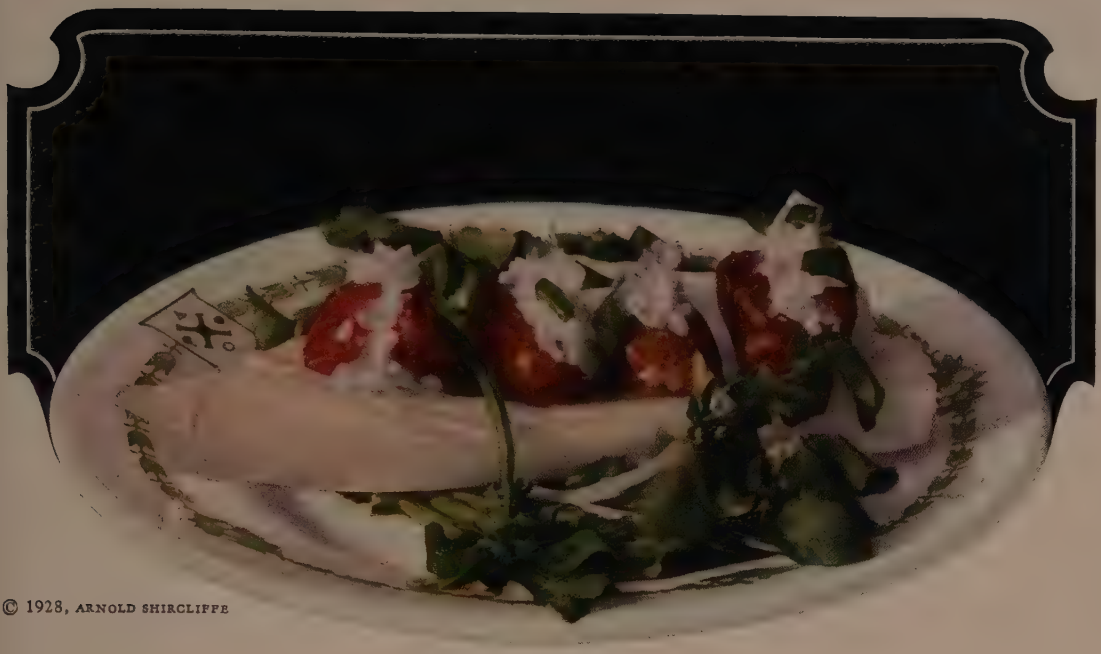
On a bed of lettuce, place a thick slice of peeled ripe tomato. On top of tomato place an artichoke bottom, and on top of artichoke bottom four asparagus tips in a mound. Mask tomato and artichoke bottom with mayonnaise before tips are placed on artichoke. Strip asparagus with bands of sweet Spanish red peppers. Tomato should be a trifle larger than artichoke.

Love Apple

Apple, cream cheese, pear, pecans, lettuce

Pare, core and scoop out small Jonathan apple. Boil for about ten minutes in water to which has been added a few red cinnamon hearts, sugar, spice and lemon juice to color and season. Remove and cool. Stuff with cream cheese mixed with mayonnaise, minced Bartlett pears, and chopped pecans. Place on leaves of lettuce and serve with French dressing.

Do not cook apple too long—only until nicely colored.



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IRON SALAD

Dates, raisins, cottage cheese, endive, cress

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LADY WINDERMERE

Romaine, cucumbers, celery, asparagus, beets, olives, cream cheese, green and red peppers, tomato

Lyman

Grapefruit, apples, celery, pecans, green pepper, lettuce

In a sweet green pepper, cut lengthwise and placed in a bed of lettuce, fill with cubed grapefruit, finely diced eating apples and celery, mixed with mayonnaise. Garnish top with half pecans.

Mable

Endive, cucumbers, green and red peppers

On a bed of endive place sliced cucumbers. Garnish top and sides with finely julienned red and green peppers. French dressing.

Macedoine

String beans, asparagus, cauliflower, beets, tomatoes, lettuce

In a bowl lined with lettuce, place in center a festoon or mould of tiny string beans; around string beans, festoons of diced tomatoes, small sections of flowers of cauliflower, diced beets and diced asparagus tips. Mayonnaise or French dressing.

AUTHOR'S NOTE: This is a very beautiful salad, strictly alkaline, low in carbohydrates and can be eaten as the main dish of any one meal. Makes an accompaniment of any meat, and good for young and old. Starches have been practically eliminated. The colors can be so placed as to make a very pretty picture, with the red and white colors, and the center of blue green.

" 'Tis far beyond the painter's skill,
To set their charms to view,
As far beyond the poet's quill
To give the praise that's due."

Any combination of vegetables can be used in a Macedoine salad, but it is better to use only the non-starchy vegetables in a salad when it is to be served with meats.

Macherie

(*See Maraichere*)

Maggie Pepper

Lettuce, cabbage, apples, red and green peppers, beets, celery

On leaves of lettuce, place a hollowed out bell pepper filled with equal quantities of celery, apples and cabbage all cut in a fine julienne, and mixed with mayonnaise. Garnish top with chopped beets, red and green peppers.

Magnolia

Romaine, banana, grapefruit, orange, pineapple, walnuts

On a slice of romaine, place an eighth of a banana (cut the banana lengthwise half and then quarter the half), the banana to be placed parallel with the romaine. Radiate from both sides of banana sections of grapefruit, orange and pineapple cut like sections of orange, the fruit to alternate and slant into center like petals. Cover banana with chopped walnuts. French dressing.

Maiden Blush

Lettuce, pineapple, banana, pear, celery, strawberry, bar le duc, whipped cream, mayonnaise

Dice two slices of canned pineapple, one ripe banana, one canned pear and one head of celery. Mix with two tablespoons of mayonnaise, two of whipped cream, one of lemon juice, one of orange juice and one of bar le duc. Season with a little additional salt and mould out in nest of lettuce. Garnish with a fresh strawberry.

AUTHOR'S NOTE: This salad can be made a little more attractive by cutting a good sized orange in half and then hollowing out center deep enough to take the salad. Orange should be cut with skin intact until it is hollowed out. This is to be done with a sharp knife, and after it is hollowed out trim off outer skin.

Half the joy of dining lies in the contemplation of a deli-

cately prepared and artistically arranged dish. Some one said that they wished for the neck of an ostrich so that they might enjoy their meat the longer; but in the contemplation of this golden masterpiece the enjoyment is prolonged, or, in other words, it is twice enjoyed. The artistic salad maker never forgets to appeal to the eye as well as the palate. Methods are disclosed without reservation, though, alas! the art of arranging and garnishing is not so easy to impart, for like the artistic sugar worker who instructs the student, he imparts workable knowledge, but that plastic art and creative genius which he possesses cannot be handed down to the one with sweaty hands, or to the one who lacks love in his heart as well as the art in his soul. Salad making is not for the plodder.

This is a very delicate, well-blended salad, a really aristocratic salad with a delicate shade of pink. Excellent as a main luncheon dish, or as an item for a girls' luncheon. (See illustration opposite page No. 138.)

Majestic

Romaine, asparagus, pimentoes

On a slice of romaine trimmed closely, place three giant heads of asparagus with unedible ends trimmed off. Decorate with strips of pimentoes. Vinaigrette sauce.

Mango

(*See Half Chinese*)

Manon

Lettuce, cress, potatoes, beets, chives

On leaves of lettuce, place a bed of watercress sprigs broken small. Use just tops or leaves. On cress, place a row of beets and potato slices alternately and cut uniform. Mayonnaise with chopped chives added.

Maraichere Macherie

Lima beans, beets, lettuce

On leaves of lettuce with shredded lettuce base, place fresh boiled lima beans and sliced beets—beans in center and beet slices overlapping each other circled around beans. French dressing.

Marguerite I

Chicory, endive, hard-boiled egg yolks

In a bowl lined with chicory, radiate half lengths of endive from center all around bowl, making a depression in center. Place a mound of chopped yolks of eggs in center. French dressing.

Marguerite II

Romaine, endive, grapefruit, oranges, nuts, grapes

On slice of heart of romaine, place three sections of orange and three of grapefruit alternately. Garnish sides with julienned endive and top with chopped nuts and halved seeded hot-house grapes. French dressing.

Marianne

Lettuce, tongue, red peppers, celery, hard-boiled egg yolks

On a bed of lettuce, place julienned boiled, smoked ox-tongue, red peppers and celery in equal proportions mixed with mayonnaise. Sprinkle chopped yolks of eggs over top.

Marie

Celery, lettuce, asparagus tips, pickled walnuts

In a bowl lined with lettuce and shredded lettuce on bottom, place a bouquet of short asparagus tips on ends. Around this bouquet place a finely julienned celery and garnish top of celery with sliced pickled walnuts. French dressing. Celery to be mixed with mayonnaise.

Marie Christine

Chicken, celery, beets, artichoke bottoms, red peppers, hard-boiled eggs, lettuce

In a bowl lined with lettuce, place minced chicken and whites of eggs mixed with an equal quantity of finely julienned hearts of celery. Mask with mayonnaise and garnish with slices of artichoke bottoms, beets, eggs and fanciful cuts of red peppers.

Marie-Jose

Lettuce, asparagus tips, string beans, red and green peppers

On a slice of heart of lettuce, place asparagus and de luxe string beans in two separate mounds or bundles. Strip with green and red peppers. French dressing.

Marie-Stewart

Lettuce, celery, hard-boiled eggs, truffles

On a bed of lettuce, place finely julienned hearts of celery. Decorate top with slices of hard-boiled eggs alternating with slices of truffles. French dressing.

Mariotti

Endive, fresh figs, boiled ham

On a bed of endive or romaine place sliced fresh figs alternated with small thin slices of boiled ham. French dressing.

Mariotti in his studies of the Italian people writes: "The better class of Italians eat strawberries washed with wine. They are served with claret, lemon juice and sugar—never cream. Peaches are soaked in white wine at table. Sliced ham is served with fresh figs to bring out flavor."—*Mariotti, 1919. McCullom & Simonds Newer Knowledge of Nutrition.*

Marquise

Lettuce, tomato, pearl onions, celery

On leaves of lettuce in form of a basket, place a scooped out, peeled ripe tomato. Fill tomato with small pearl onions and

finely diced celery hearts. Mask with a red mayonnaise, or use French dressing with considerable paprika.

Martinique

Lettuce, apples, celery, red peppers, grapes

On a bed of lettuce, place a fine julienne of eating apples, hearts of celery and red peppers mixed with mayonnaise. Garnish with seeded malaga grapes or sliced hot-house grapes.

Massachusetts

Lettuce, apples, cranberries, grapes, nuts

In a bed of lettuce, basket formed, place equal quantities of finely julienned apples, cooked cranberries (not too sweet), halved grapes, celery can be used in place of apples, and nut kernels cut in halves, mixed with a mayonnaise.

More than half of the cranberry supply is raised in Massachusetts. Cranberries are rich in mineral matter and undoubtedly will prove a real addition to the realm of salads.

Master

Romaine, pineapple, cheese, pecans, dates

On a bed of romaine, place five half dates stuffed with grated pineapple, cream cheese and chopped pecans. French dressing.

Mathilde

Romaine, cucumbers, apples, alligator pears, nuts

On a slice of romaine, place a finely julienned mixture of cucumbers and apples mixed with a mayonnaise. On top of apples and cucumbers place several slices of alligator pear. Garnish with chopped nuts. French dressing.

"The turnpike road to people's hearts, I find,
Lies through their mouths, or I mistake mankind."—*Pender.*

Maxine Maxim

Lettuce, potatoes, truffles, celery

In a bowl lined with lettuce, place finely sliced potatoes, minced hearts of celery and finely julienned truffles. French dressing with chopped chives, parsley, tarragon and chervil added.

McAlpin

Lettuce, orange, grapefruit, red and green peppers

On a slice of heart of lettuce, place alternately three sections of orange and grapefruit. Garnish with diamonds of red and green peppers. French dressing.

Melba I

Lettuce, pineapple, strawberries, mushrooms

Fill a heart of lettuce, in shape of a basket, with diced pineapple. Garnish top with sliced strawberries. French dressing with finely julienned mushrooms.

Melba II

Lettuce, grapefruit, oranges, strawberries

Fill a half head of lettuce, in form of a basket, with diced oranges, grapefruit and halved strawberries. French dressing.

Melba III

Endive, apples, peaches

On leaves of endive, place crosswise finely julienned apples and peaches. French dressing with currant jelly.

Mellen

Lettuce, grapefruit, pineapple, orange, almonds, celery

On leaves of lettuce, place a slice of pineapple. On top of pineapple, place two sections of orange and two of grapefruit alternately. Over fruit sprinkle finely julienned celery and mask with a creamy mayonnaise. Garnish with chopped, blanched almonds.

Melon Supreme

Lettuce, cantaloupe, honey dew, watermelon

Scoop out cantaloupe, watermelon and honey dew with small parisienne scoop. Arrange balls in clusters of four and serve on a bed of lettuce or in a basket of lettuce. French dressing. Have melons thoroughly chilled.

Mercedes

Beets, truffles, celery, lettuce

On a bed of lettuce in form of a basket, place equal proportions of finely minced celery, diced beets and truffles mixed with a creamy mayonnaise, or a Meschianza dressing.

Merry Widow

Romaine, alligator pear, Bartlett pear, green and red peppers

On a slice of heart of romaine, nicely trimmed, alternate three slices of alligator pear and three of Bartlett pear, cut lengthwise, and trimmed as near alike as possible. Crisscross red and green peppers on top of fruit. Lorenzo or French dressing.

Mephisto I

Lettuce, tomatoes, red and green peppers, hard-boiled eggs

On bed of lettuce, place a thick slice of peeled, ripe tomato. Garnish top of tomato with a fine julienne of red and green peppers. Place two slices of hard-boiled eggs at either side of tomato, or top with three slices overlapping each other. French dressing with plenty of paprika.

Mephisto II

Romaine, tomato, cucumbers, truffles

On a slice of romaine, place four sections of peeled, ripe tomato. Place julienned cucumbers and truffles crisscrossed over sections of tomato. French dressing.

Mephisto III

Red cabbage, sweet Spanish pepper, beets, tomato

On a bed of red, julienned cabbage, which has been marinated, place a red sweet Spanish pepper hollowed out. Fill pepper with diced red beets, red peppers and tomatoes, mixed with a little finely julienned red cabbage and red mayonnaise. (Pepper can be skinned by dipping in hot grease for a minute and then rubbed.)

Mexican I

Celery, romaine, green peppers, parsley, tomato, cucumbers

On a bed of romaine place some finely julienned celery and green peppers; on top of peppers and celery alternately three peeled slices of tomato and cucumbers. Sprinkle chopped parsley over top. French dressing.

Mexican II

Lettuce, cabbage, onions, hard-boiled eggs, green peppers, pimentoes

On a bed of lettuce or romaine, place a fine julienne of marinated cabbage, green peppers, pimentoes and young onions. Sprinkle chopped eggs over top. French dressing.

Mexican III

Lettuce, tomato, asparagus, onions, green peppers

On a bed of lettuce, place a thick slice of tomato (peeled). Place three or four asparagus tips on top of tomato and garnish with finely chopped green peppers and spring onions. French dressing.

Michael

Romaine, oranges, grapefruit, sweet Spanish peppers

On a bed of romaine, place a seeded and skinned sweet Spanish pepper (quartered). Fill with diced oranges and grapefruit. French dressing.

"In the early times, physicians were operative cooks, and

epicures (which were few) went to the same professors for physic and food. A culinary recipe was often a remedial prescription."—*Jefferson, Book of The Table.*

The above recipe, or remedy (sans fruit and filled with herbs), is undoubtedly one of the early recipes.

Michaelmas

Lettuce, goose, celery, cress, chives, hard-boiled eggs, red and green peppers

On a bed of lettuce, place in a mound equal quantities of finely julienned roast goose, celery and lettuce, mixed with a Thousand Island dressing. Sprinkle with chopped chives and garnish with two rosettes of cress, red and green peppers criss-crossed and two quarters of hard-boiled eggs.

AUTHOR'S NOTE: "The vulgar may laugh," says Scaliger, "because the goose never sailed under the loftiest bridge without lowering his head, lest it should hit an arch." Scaliger maintained that this caution, instead of showing a goose's foolishness, only demonstrated its excessive prudence. This learned man's greatest illustration of the wisdom of geese relates to their precautions against the sharp ears of the eagles on Mount Tarus. On preparing to cross the mountain, each goose of a flock takes in its bill a large stone, and having thus "gagged itself," it goes on its silent way, unable to produce the garble that would attract the enemy.

Geese are perhaps no worse than the average human in liking to have the last word in a dispute; and if they are quick to pursue the flying enemy, they also are quick to retreat from the invader with a bold face. The geese are supposed to have saved the ancient Roman capitol from seizure by the Barbarian hordes by their timely cackling. The wisdom of silent centuries has come to us through the goose quill, and official England up to a few years ago was still using the quill pen on all public documents.

The barnacle goose was debated on at one time by the learned divines as to whether these birds could not be

designated as fish and used on fast days: as their food was the barnacle, they tasted fishy and the barnacle goose was the barnacle in its highest development.

In Elizabeth's time the goose was the seasonable dish at every good dinner served in England on Michaelmas Day and had been the Michaelmas dish for centuries before. The uninitiated may also laugh at the idea of making a salad from the left-over goose, but to the initiated (and as Scaliger maintained of the goose) it shows excessive prudence, as the Michaelmas is one of the finest of meat salads.

Milady

Lettuce, pineapple, apples, grapefruit, oranges, cherries

On a bed of lettuce, place a slice of pineapple. On top of pineapple, and in center, place a fine julienne of eating apples, like the letter "M." On either side of apple, place two sections of orange and two of grapefruit. Decorate with halved cherries. Mayonnaise with whipped cream.

Mina

Tomato, endive, alligator pear, fresh figs

Scoop out a half tomato (peeled and ripe) and fill with a puree of alligator pear, seasoned with mustard, oil, vinegar, salt and pepper. Garnish top with a whole fresh California fig or a prune stuffed with chopped nuts and Major Gray's Chutney. Serve on bed of endive. French dressing with wine vinegar and bar le duc.—*Carl Schwitzer, steward Standard Club, Chicago.*

Minerva Salad

Lettuce, endive, strawberry beets, hard-boiled eggs

On a bed of shredded lettuce place broken pieces of endive and a small red strawberry beet right in center of endive. Around center beet alternate slices of hard-boiled eggs and

small slices of beet in the shape of a curled anchovy. Encircle salad with a cress border.

"Oh, cool in the summer is salad,
And warm in the winter is love;
And a poet shall sing you a ballad
Delicious thereon and thereof.
A singer am I, if no sinner,
My muse has a marvelous wing,
And I willingly worship at dinner
The Sirens of Spring.
Take endive . . . like love it is bitter;
Take beet . . . for like love it is red;
Crisp leaf of the lettuce shall glitter,
And cress from the rivulet's bed:
Anchovies foam-born, like the lady
Whose beauty has maddened this bard;
And olives from groves that are shady;
And eggs . . . boil 'em hard.

—Author unknown.

Modern I

Lettuce, artichokes, grapefruit, red peppers

On leaves of lettuce in form of a basket with shredded lettuce as a base, place large artichoke bottom. On top of artichoke place four sections of grapefruit and garnish with red peppers cut in strips. French dressing. (Grapefruit and artichokes can be diced and mixed with mayonnaise.)

Modern II

Lettuce, grapefruit, oranges, pears, raspberries, pineapple, strawberries

In leaves of lettuce, basket shaped, place small half of scalloped grapefruit. Alternate and fill removed grapefruit sections with pineapple, orange, grapefruit, strawberries, Bartlett pear, and raspberries. Use grenadine and lemon juice dressing. This is also called Grapefruit Surprise.

Modern III

Lettuce, apples, cream cheese, grapes, berries

On leaves of well bleached lettuce, place a cored slice of eating apple. Pipe a rosette of cream cheese in center and a fancy border of cream cheese at rim of apple. Decorate border and center with seeded grapes and berries. French dressing. Apple can be marinated in lemon juice and cut about one-fourth of an inch thick.

Mona Lisa

Romaine, cherry tomatoes, grapes, nuts, persimmons, cream cheese

On a half or third heart of romaine, place slices of Japanese persimmons and garnish with halved cherry tomatoes and seeded grapes stuffed with minced nuts and cream cheese. French dressing.

Monaco

Beets, cauliflower, romaine, celery knobs, cress

(Bowl) Line a salad bowl with leaves of romaine. Place a bouquet of cress in center and a mound of sliced red beets, rosettes of cauliflower and sliced celery knobs around cress. Meschianza or French dressing.

Mongolienne

Celery, lettuce, bamboo shoots, apples, strawberry beets, grapes

In a bowl lined with lettuce, place diced bamboo shoots, seeded grapes, finely julienned celery and apples mixed with mayonnaise to which chutney sauce and lemon juice has been added. Decorate with quartered strawberry beets.

Morris

Lettuce, persimmon, alligator pear

On bed of lettuce in shape of basket, place a whole seeded Jap persimmon. Cut persimmon same as Poinsettia Salad and make five petals out of an alligator pear and arrange them

alternately with petals of persimmon. Petals of alligator pear to be placed singly against persimmon and to fill in places between persimmon leaves. French dressing.

Montmorency

Lettuce, cherries

Fill a half heart of lettuce with seeded California cherries. Mayonnaise or French dressing.

Mount Shasta

Lettuce, cherries, raisins, almonds, cream cheese, whipped cream

In a bed of iceberg lettuce shaped like a basket, place a pyramid of black, stoned cherries stuffed with cream cheese, minced blanched almonds and raisins, masked with a creamy mayonnaise. Topped with a little whipped cream.

AUTHOR'S NOTE: One of the best salads in the book. Tasty and healthful.

Murry

Lettuce, alligator pear, lima beans, celery, green peppers

On a bed of lettuce, place a scooped-out half alligator pear. Fill with diced alligator pear, green lima beans and long, finely julienned celery. Garnish top with strips of green peppers. French dressing.

Mushroom I

Mushrooms, celery, lettuce

Place equal quantities of finely shredded cooked white mushrooms and celery, with a mayonnaise base No. 3. Mould out on bed of lettuce. Garnish with three or four small mushroom heads, stalks removed, around base and one on top. Mushroom heads filled with a little pyramid of green or red mayonnaise. Pipe mayonnaise in mushrooms with small papered funnel or fine pastry tube.

Mushroom II

Mushrooms, chicken, lettuce, celery, hard-boiled eggs

On bed of lettuce, place a mixture of equal parts of shredded fried mushrooms, celery and shredded roast chicken, mixed with mayonnaise. Brown outside parts of chicken to be used in making salad. All ingredients to be seasoned before mixing with mayonnaise. Garnish with quartered hard-boiled eggs.

My Fancy

Romaine, tomato, hard-boiled eggs, beets

On a slice of heart of romaine, place two slices of peeled, ripe tomato. In the center of each slice of tomato, a slice of hard-boiled egg and in center of egg a fanciful cut beet. French or Lorenzo dressing.

My Lady

Romaine, endive, hard-boiled eggs, tomato

On a slice of romaine trimmed, place julienned endive; on top of endive, four quarters of peeled, ripe tomato. Crisscross chopped yolks of hard-boiled eggs and the whites of hard-boiled eggs, across the sections of tomato. French dressing. Quartered tomato should not be entirely severed.

Narragansett

(*See My Fancy salad*)

Nassau

Grapefruit, oranges, strawberries or grapes, lettuce

In a half heart of lettuce in form of basket, place cubed oranges and grapefruit mixed with a mayonnaise. Garnish with fresh strawberries or seeded hot-house grapes.

Neal

Endive, chicory, alligator pear

On a bed of endive and short pieces of chicory, place julienned alligator pear. Roquefort dressing.

Napolitaine

Endive, alligator pear

On a bed of endive, place slices of alligator pear. Roquefort dressing to be passed at table.

Nenon

Endive, orange, asparagus, chives

On a bed of endive, alternate sections of orange and asparagus tips, three sections of orange and six of tips, two tips between each section of orange. Cream mayonnaise dressing with chopped chives.

Newport

Lettuce, grapefruit, orange, red and green peppers

On slice of heart of lettuce, alternate three sections of orange and three of grapefruit. Crisscross with red and green peppers. Newport dressing.

Niagara

Lettuce, pineapple, apples, celery, grapes, nuts

In a half head of lettuce, formed like a basket, place equal quantities of diced pineapple, apples, celery and seeded malaga grapes (whole), mixed with mayonnaise. Sprinkle chopped nuts over top.

Nicoise I

Lettuce, potatoes, tomatoes, beans, pimolas

In a bowl lined with lettuce, place diced potatoes, tomatoes and cubed stringless beans, mixed with mayonnaise. Garnish top with sliced pimolas.

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MAIDEN BLUSH

Lettuce, orange, pineapple, banana, pear, celery, bar le duc, mayonnaise, whipped cream

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PANAMA SALAD

Lettuce, pineapple, orange, grapefruit, cherry, green peppers

Nicoise II

Lettuce, tomato, string beans, potatoes, pimolas, anchovies

In a bowl lined with lettuce and shredded lettuce base, place three quarters of peeled tomato in center. Around tomato, place a mound of cubed string beans, diced potatoes and one of sliced pimolas. Garnish top of each mound with small strips of anchovies. The tomatoes make the dividing line for the mounds of vegetables. Nicoise dressing No. 2.

Nicomedes

Salmon, turnips, lettuce, cucumbers, shrimps, hard-boiled eggs, lemon juice

Flaked salmon mixed with finely julienned young, raw, white turnips and cucumbers,—two parts salmon, one part turnips and one part cucumbers. Squeeze lemon juice over and season. Arrange mound of salad on bed of lettuce. Mask with mayonnaise and garnish with boiled shrimps and quarters of hard-boiled eggs.

AUTHOR'S NOTE: "Nicomedes, the great king of Bithynia, desired a certain kind of fish for his dinner, at a time and at a place where it was impossible to obtain it. His cook, however, arose to the situation by turning a turnip into a dish of fish fit to set before this illustrious prince. The king, after devouring the disguised turnip with a zest, exclaimed to a friend that it was the finest smelt he ever ate in his life."

This salad has in its composition turnips as well as fish, and if the turnip is young and tender and finely julienned it will blend well with salmon, neither ingredient being too assertive to drown out the other. If young turnips cannot be produced, substitute celery, for, as Nicomedes' cook arose to an occasion, so must all salad makers.

Night Cap Candlestick

Lettuce, pineapple, banana, cherries, red peppers, whipped cream

On a bed of shredded lettuce, place a slice of pineapple. Make the hole in pineapple larger with a column cutter and

insert half of a banana. On top of banana place a whole maraschino cherry (split) to represent flame. Make a handle for candle holder out of strip of Spanish red pepper, inserting one end of pepper into a slit made near center of pineapple and curl the other end of pepper underneath slice of pineapple. Banana should be placed in lemon or orange juice to prevent discoloration, and inserted in pineapple just before serving. French dressing.

Dots of whipped cream or creamed mayonnaise can be placed on banana to represent the dripping wax.

Nina

Lettuce, pineapple, celery, pimentoes, apples

On a thin slice of heart of lettuce, place a slice of pineapple, finely julienned celery and apples sprinkled on top of pineapple. Decorate top with pimentoes. French dressing.

Ninon

Lettuce, alligator pear, orange

On a slice of heart of lettuce, alternate sections of orange with alligator pear. Edgewater Beach dressing.

Nonpareil Jeuneusse

Lettuce, endive, chicory, romaine, watercress, parsley, chives, hard-boiled eggs, olives, peppers

In a bowl lined with lettuce, place a mixture of broken pieces of endive, chicory, romaine and cress. Sprinkle chopped parsley, chives, eggs, olives and peppers over top. French dressing. This salad can also be made out of a combination of peas, beans, cauliflower, potatoes, lettuce, cress, etc.

Normandy

Romaine, red and green peppers, ripe and green olives

On a bed of romaine, place equal quantities of chopped red and green peppers, green and ripe olives. Serve with Bellevue dressing, sour cream dressing or mayonnaise.

Odin

Lettuce, escarole, tomatoes, apples, celery

On a bed of lettuce, place broken half lengths of escarole. On top of escarole place a small, whole, peeled, ripe tomato, cut in quarters but not severed. Sprinkle julienned celery and apples over tomato. French dressing.

Olga

Lettuce, artichokes, truffles, celery, apples

On leaves of well bleached lettuce, and in center, place a large artichoke bottom. Surround artichoke bottom with finely julienned celery and apples. Garnish top of fond with fanciful cuts and strips of truffles. French dressing. Celery and apples can be mixed with mayonnaise.

Olina

(*See Olma*)

Olinda

Orange, apple, pineapple, lettuce

In a scalloped half shell of orange, place equal quantities of diced apple, oranges and pineapple mixed with mayonnaise. Paprika over top. Serve on bed of lettuce.

Olma Olina

Endive, chicory, hard-boiled eggs, red and green peppers

On a bed of endive, half-lengths, place broken pieces of chicory. On top of chicory, place several slices of hard-boiled eggs overlapping. Garnish top of eggs with strips of red and green peppers. Lorenzo dressing.

Onion

Lettuce, onions, cucumbers, nuts

Marinate in French dressing thin slices of white Bermuda onions and cucumbers for two or three hours. Arrange on bed

of lettuce in shape of basket, several slices of onion alternated with slices of cucumber. Sprinkle a few chopped nuts over top. French dressing.

(Onions contain calcium, magnesium, potassium, phosphorus, sulphur, and iron.)

Onion and Cress

(*See Cress and Onion*)

Opera I

Romaine, tomatoes, endive

On bed of romaine, place broken half lengths of endive. Garnish top of endive with three slices of peeled ripe tomatoes overlapping. Meschianza or French dressing.

Opera II

Lettuce, chicken, tongue, truffles, asparagus tips, cucumbers, celery

In a bowl lined with lettuce, place in center a festoon or bunch of three or four asparagus tips. Around tips place a mixture of equal quantities of julienned chicken, tongue, celery and truffles, seasoned and mixed with a light mayonnaise. Around the above mixture make a border of julienned cucumbers. French dressing.

Opera III

Endive, chicory, orange, alligator pear, cherries

On French endive or half or third slice of romaine, place broken pieces of chicory. On top of chicory alternate skinless sections of orange and slices of alligator pear. Garnish top with maraschino cherries.—*Charles Spieler, maitre d'hotel, Congress Hotel, Chicago.*

Oranaise

Oranges, celery, dates, cream cheese, romaine, nuts

(Bowl) Garnish bowl with small inner romaine leaves and fill with equal quantities of cubed oranges and small diced

celery, mixed with mayonnaise. Garnish top with sliced stuffed dates (dates stuffed with cream cheese and nuts, then sliced). French dressing.

Orchid

Romaine, pineapple, orange, grapefruit, red and green peppers

On a half heart of romaine, alternate sections of orange, grapefruit and long cut pineapple trimmed like orange sections. Mask with mayonnaise and garnish with strips of red and green peppers. Place on top four small center of romaine leaves in an upright position to represent an orchid, and decorate one center leaf with red mayonnaise.

Orient

Chicken, lettuce, cucumbers, onions, pimentoes, hard boiled eggs

On a bed of lettuce place equal quantities of finely diced chicken (white meat), cucumbers and hard boiled eggs, mixed with a little finely minced onion and mayonnaise. Garnish top with pimentoes cut in strips.—*George Dare, chef, Cathay Garden, Davenport, Iowa.*

Oriental

Escarole, tomatoes, rice

On a bed of escarole or chicory, place four slices of peeled, ripe tomato. Sprinkle steamed whole kernels of rice over top. French dressing.

Orleans

Lettuce, celery, cucumbers, mushrooms

On a bed of lettuce in shape of a basket, place equal quantities of julienned celery, cucumbers and mushrooms. French dressing.

Oscar

Lettuce, pineapple, cream cheese

On slice of heart of lettuce place slice of preserved pineapple; in center of pineapple place a small ball of cream cheese; pour over some mayonnaise mixed with cherry juice and a few drops of lemon.

Oxalis

Red cabbage, endive, beets, oxalis, flowers, lettuce

On a bed of lettuce place in center a small mound of marinated red cabbage. On top of cabbage place minced endive and garnish top of endive with sliced beets arranged in a circle. Decorate with oxalis flowers in center and round edge of salad. French dressing.—*Recipe from The Market Assistant by Thos. F. DeVoe, 1860.*

Ox Palate

Lettuce, ox palate, green peppers, cucumbers, chives

On a bed of shredded lettuce, place marinated ox palates cut in julienne and mixed with sliced cucumbers and julienned green peppers. Mask with mayonnaise and sprinkle chopped chives over.

This is an epicure's salad and if palates are boiled until tender and handled properly they make an ideal luncheon dish.

Oyster

Lettuce, oysters, celery, beets

On a bed of lettuce, place several steamed oysters that have been chilled. Sprinkle over a fine julienne of celery and pickled beets. Season. Serve two-thirds French dressing, one-third chili sauce.

Palestine

Romaine, artichokes, red and green peppers

On a slice of heart of romaine, place sliced Jerusalem artichokes. Garnish top with red and green peppers. French dressing.

Palm Beach I

Lettuce, pineapple, endive, chicory, pimentoes

In a nest of lettuce, place a slice of pineapple, garnish top of pineapple with a julienne of endive, pimentoes and small broken pieces of chicory. French dressing.

Palm Beach II

Lettuce, alligator pear, tangerine

On leaves of lettuce alternate slices of alligator pear and skinless sections of King tangerine. French dressing.

Palmer House

Lettuce, apples, walnuts, pineapple, bar le duc, cherries, cream cheese

In a bed of lettuce place a mixture of julienned apples, chopped English walnuts and red cherries. Place a slice of pineapple on top of mixture. Pipe a border of cream cheese mixed with raw cream around pineapple and place a little bar le duc in center. Garnish pineapple with red and green cherries. French dressing.—*Col. C. G. Holden.*

Panama

Lettuce, pineapple, orange, grapefruit, cherry, green peppers

On a bed of lettuce place a slice of pineapple, and on top of pineapple a section of orange, then grapefruit, and alternate until top of pineapple is covered. Place a cherry in shape of flower on top of fruit and garnish sides with green peppers cut diamond shape. A rosette of cheese can be piped on top of fruit in place of cherry if desired. French dressing. (See illustration opposite page No. 138.)

AUTHOR'S NOTE: And after this salad is made you may thank the kind fate that has let you live to enjoy so delicious a morsel. Eat it with slightly toasted wafers and sigh that

the end should come so soon, for after this course, the empty plate may stare at you cruelly, with mocking reminder that eating like love hath an end.

Parisienne

Tomato, lettuce, apples, celery

On a bed of lettuce, place a thick slice of peeled tomato. Garnish with finely julienned apple and celery. French dressing.

Parks

Apples, pears, bananas, alligator pears, pineapple

Fill a half shell of eating apple (peeled) with equal quantities of diced pear, pineapple, bananas and alligator pear, mixed with sour cream dressing.

Parmentier

Potatoes, chives, chervil, parsley, hard-boiled eggs, lettuce

(Bowl) In a bed of lettuce place diced boiled potatoes marinated and mixed with chopped chervil, parsley, chives and mayonnaise. Garnish with quarteres of hard-boiled egg.

AUTHOR'S NOTE: Parmentier induced Louis XVI to give him a plot of ground to grow potatoes for their introduction into France as a food. This was arranged and when the flowers appeared on plant, the king wore one in his lapel as well as many others belonging to the nobility. Up until this time the French people did not cultivate potatoes and Parmentier by getting the King to interest himself in the tuber finally got the people interested also. The plot of ground was broken into by a crowd who pulled the potatoes up and carried them off, much to the delight of Parmentier and much to the inconvenience and trouble to the guards who were employed to watch the garden. When Parmentier heard that the people had broken into his garden, had pulled up the potatoes and carried them off, he was happy, for this was just what he wanted. He rewarded the guard with a piece of gold, much to the fellow's

surprise and consternation, as he thought Parmentier had gone crazy. It was with remarkable rapidity that potato raising spread all over France and to the neighboring countries. Fifty years after the death of Parmentier it had become one of the mainstays or main vegetables in many of the European countries. By the analysis of potato "It appears that 16 oz. contains 11½ oz. of water, 4½ oz. of solid parts, remaining afforded scarce a drahm of earth."—*Parmentier's Observations on Nutritive Vegetables.*

Parr

Lettuce, endive, cabbage, chicory, carrots, tomatoes

On a bed of lettuce and halved pieces of endive, place a mound of finely julienned cabbage, chicory and tomatoes. Sprinkle with ground, raw carrots and chopped chives. French dressing.

AUTHOR'S NOTE: Composition of Parr salad is of a simple combination, where vitamins have not been destroyed by cooking, drying or pickling. It is extremely healthful, economical and if indulged in will help to prolong the life of man. Parr lived on a simple fare, such as enters into the composition of this salad, for more than a hundred years; but he, like others of the early times, knew not the penalties of gluttony and in consequence, finally dug his grave with his teeth.

Thos. Parr, familiarly known as "Old Parr," was a native of Scotland, who lived a healthful and uneventful life up to the age of 152 years, when he was discovered by an English Count, who, because of his great age, took him to London to exhibit him to his friends. Charles the First heard of this remarkable subject and brought him to court, where, after a sumptuous feast, "Old Parr" promptly died of indigestion, and not from old age; as the post-mortem examination showed no signs at all of physical degeneration.

Cabbage contains fat soluble vitamin "A," water soluble "B," and water soluble "C." Carrots, tomatoes, lettuce and

endive are mostly alkaline and are highly conducive to health.

Salads of fruits and vegetables tend to establish a proper acid-base equilibrium in various fluids of the body. (See Epilogue.)

Parsival

Orange, alligator pear, grapefruit, persimmon

In an orange basket place diced alligator pear, grapefruit, orange and sliced persimmons. Pour over grenadine. Tie handle with bow of white ribbon. Very colorful and extremely decorative. Used on wedding menus as an appetizer.

Pass Christian

Lettuce, satsumas, pecans

On a bed of lettuce or leaves of romaine, place eight or ten sections of large satsumas in V shape, without connective tissues. Sprinkle with ground Pascagoula pecans. Lorenzo dressing.

Peach

Lettuce, peaches, pineapple, pecans, cress, cream cheese, pickled walnuts

On a bed of shredded lettuce place two halves of canned or raw peaches. Fill with diced pineapple, finely chopped pecans and cream cheese. Place a rosette of cream cheese thinned with raw cream at ends and rosettes of cress at sides. Garnish top with two slices of pickled walnuts. French dressing.

Pear

(*See Frozen Pear*)

Pear Coronation

Lettuce, pear, Roquefort cheese, bar le duc.

On a bed of lettuce place a whole Bartlett pear cored out and filled with a mixture of Roquefort cheese thinned with

cream. Pipe a little of this cheese mixture around pear about one-fourth of an inch from pear and fill in furrow with bar le duc. French dressing.

Pear Delight

Lettuce, pear, cream cheese, pimentoes, almonds

Split a large canned pear in two lengthwise, and marinate in French dressing. Place on bed of lettuce and garnish with three rosettes of cream cheese through center, allowing a small space between each rosette. Strip crosswise of pear between rosettes with bands of pimentoes and garnish outer edge of pear with whole almonds, four on either side. French dressing.—*Miss Osborn, of Radisson Inn.*

Pear Salome

Lettuce, pear, brown bread, Roquefort and cream cheese

On leaves of lettuce place a slice of Boston brown bread. Place a freshly peeled and hollowed out pear on top of bread. Stuff pear with a mixture of Roquefort, cream cheese and raw cream. French or Lorenzo dressing.

Pearl

"In the sea of changeable winds his merchants fished for pearls."—*Nineveh.*

Lettuce, onions, celery, cress, hard-boiled egg, pimento

On leaves of lettuce, place three of four small, white pickled pearl onions. Cover onions with a little shredded lettuce mixed with finely julienned celery. Cover lettuce entirely with cress and place a half hard-boiled egg on top of cress. Garnish half egg with a flag mast, made out of a julienned strip of celery and top slit. Into slit work a flattened piece of pimento (representing flag). Pipe a little mayonnaise around edge of egg and place flag mast in center of yolk. French dressing.

Penn, William I

(*See William Penn I.*)

Penn, William II

(*See William Penn II.*)

Penuchi

(*See Christmas Penuchi.*)

Pernet

Lettuce, fruit aspic or jello, eggs, celery, lemon, milk

On a slice of head lettuce place a cold pernet, and garnish around edges with a chopped red fruit jello, garnish top of pernet with a rose cut out of a flat piece of fruit jello. French dressing.

To make a Pernet enough for four, use four eggs, salt to season (half teaspoon), juice of one lemon, tablespoon of sugar and one cup of milk. Whip all together and bake in a slow oven in individual flower moulds for twenty minutes.

Turn out on bed of finely shredded celery and lettuce when cold and decorate around base with chopped red cherry jello.

Use only one-third the amount of water called for on package recipe. This will make jello hard enough to chop and will not dissolve so quickly when French dressing is poured over. Pour dressing over salad at table.

This salad is beautiful and as pretty as the yellow rose named Pernet. It is the first time that a salad has ever been made out of a pudding mixture, but if once tried it will bring immediate praise. The salad is healthful, light and attractive. If you have a rose mould or fancy shaped round mould, salad can be made extremely pretty.

Persimmon

Romaine, persimmons, oranges, alligator pear, pistachio nuts

On bed of romaine alternate slices of persimmons, alligator pear and sections of oranges. Sprinkle top with chopped pistachio nuts. Lorenzo dressing.

Philosopher

(*See Johnson Salad.*)

Philters

Romaine, tomato, asparagus, cress, capers

On a slice of romaine with connective end intact and spread out like a fan (see Fan Salad), place rows of half slices of peeled tomato, slices to overlap and increase as they prosper to larger end of romaine. Between each slice place two spears of asparagus tips, the heavy ends to meet in center of tomato and tip ends to project out beyond the side of tomato. Place a little rosette of sour whipped cream dressing or creamed cheese in center of each slice of tomato and a caper in center of dressing. Arrange two rosettes of cress at either side. French dressing.

AUTHOR'S NOTE: This salad is extremely colorful and nutritive and gives an alkaline reaction, which is highly beneficial. Philters means love potions. Tomatoes were formerly called "love apples."

Picnic Roll

Lettuce, ham, cream cheese, Indian relish

On a bed of lettuce place three very thin slices of rolled boiled ham; the ham to be spread with a mixture of mayonnaise, cream cheese and Indian Relish and then rolled. Rolls to be cut to shape and placed on lettuce—two or three rolls to the order. French dressing.

Ham should be cut with a machine. Chipped beef can be used in place of ham.

Piemontaise

Romaine, grapefruit, green peppers

On a bed of romaine, place several sections of grapefruit and garnish with strips of green peppers. French dressing.

Pierce

Endive, beets, artichokes

On a bed of endive alternate sliced beets and artichoke bottoms. French dressing.

Pilladest

Oranges, grapes, watercress

On a bed of watercress broken off short, place six sections of oranges. Garnish orange sections with seeded halved malaga grapes. Lorenzo or French dressing.

Pineapple

Lettuce, pineapple, celery, raisins

On a bed of shredded lettuce, place equal quantities of julienned pineapple, finely julienned celery and seedless white raisins mixed with mayonnaise.

AUTHOR'S NOTE: Pineapples are not only basic radicals rendering an alkaline ash, but contain bromelin, a vegetable pepsin which helps to break down the proteid molecules, thereby aiding digestion.

McCollom and Simmonds third edition: "The meat and bread portion of our diet, when oxidized in metabolism, leads to the formation of an excess of acid over base-forming substances. A certain alkali reserve in the blood is essential to maintain its capacity to carry carbon dioxide to the lungs for elimination. A common pathological condition acidosis exists where this reserve falls below normal. This is why the addition of fruits and vegetables to the diet tends to establish a proper acid-base equilibrium in the various fluids of the body."

Pineapples are good sources for vitamins A. & B. They contain a ferment capable of digesting proteins in acid media.

Pineapple Date

Pineapple, almonds, dates, cherries, lettuce

Dip a slice of pineapple in thin mayonnaise and then the top in finely chopped almonds. Place on bed of lettuce and

garnish with six half dates equal distances apart all around edge of pineapple with ends pointing toward center. Garnish center between dates with cherries or strawberries and place a rosette of stiff mayonnaise in center.—(*Miss Osborn, Radisson Inn.*)

Pineapple Padua

Pineapple, celery, apples, lettuce

Select a fine green topped ripe pineapple, cut it in two about three inches from top and hollow it out. Julienne or dice pineapple, add equal proportions of eating apples and celery, and mix with mayonnaise. Fill pineapple with mixture and trim bottom of pineapple flat so it can be handled. Place it in nest of lettuce leaves, tie top of leaves with a ribbon and serve. Nests of lettuce leaves on salad plates to be passed at table.

Pineapple Surprise

Lettuce, pineapple, pecans, cream cheese

In a nest of lettuce, place a slice of pineapple and cover it with cream cheese. Place another slice of pineapple on top and mask with a mayonnaise to which cream has been added. Sprinkle chopped pecans over top. Cream cheese should be thinned down enough with raw cream so it can be piped on pineapple.

Pink Lady

Lettuce, pear, cherry tomato

Cut a fresh Bartlett pear in two cross-wise about one-third way down from stem end. Hollow out large end and fill with cherry tomatoes and mayonnaise. (Mayonnaise colored pink with paprika.) Tie a bow of pink ribbon to stem end and replace cover. Serve on bed of lettuce. French dressing. Pear to be peeled.

Pinta

Lettuce, cucumbers, cottage cheese, cress, pecans, olives

Cut small sized hot-house cucumber in half lengthwise, peel and remove seeds. Trim boat shape and cut bottom smooth so cucumber lies flat on dish. Fill with cottage cheese mixed with chopped watercress and pecans seasoned and thinned with raw cream. Place a small Italian flag at one end of boat and an American at the other and a fluted Jumbo ripe olive in center to represent stack; pipe a little whipped cream in hole of stack to represent smoke. Garnish around base with shredded lettuce.

AUTHOR'S NOTE: This salad is decorative, nutritive, healthful, can be used at a dinner where a foreign delegation, or a person who is going abroad, is being entertained. By substituting flags any foreign party can be honored. Flags 2″x1″ of all nations can be procured from most dealers in flags.

Piquante

Pickles, chicken, celery, red peppers, beets, capers, hard-boiled eggs

Mix equal amounts of finely shredded white meat of chicken, red peppers, celery and sweet pickles with a stiff mayonnaise and mold out on bed of lettuce. Garnish around base of salad with quartered eggs and quartered beets. Mask top with mayonnaise and sprinkle with capers.

Plaza I

Endive, pears, grapefruit

On a slice of heart of endive, alternate sections of grapefruit and Bartlett pears cut like grapefruit sections. Lorenzo or French dressing.

Plaza II

Lettuce, grapefruit, oranges, red and green peppers, cherry, cheese

On slice of lettuce place sections of grapefruit cut flat on bottom and form in shape of a star. Place a section of orange

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POINSETTIA SALAD

Lettuce, tomato, asparagus, whipped cream, green peppers, hard boiled egg yolks

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PRINCESS SALAD

Lettuce, tomato, asparagus tips, pimentoes, green peppers

on top of grapefruit (cut flat on one side), and garnish center of fruit points with small five-pointed stars cut out of green and red peppers. Pipe a small rosette of cheese in center and place a strawberry or cherry on top. French dressing. A small rosette of cheese between each fruit section will keep fruit from slipping.

Plaza Special

Lettuce, cauliflower, celery, lamb breads, onions, cherry tomatoes, ham, hard-boiled eggs

In a bowl lined with lettuce place equal amounts of cauliflower rosettes, julienned lamb breads and celery mixed with a highly seasoned mayonnaise. Garnish around bowl with very thin small inner slices of Bermuda onions, cherry tomatoes and cornucopias of Virginia ham filled with whites and yellows of chopped, hard-boiled eggs.

Plus and Minus

Lettuce, tomato, Roquefort cheese

On a bed of lettuce, place a whole chilled and peeled tomato. Make two slits at either end and one right through the center of tomato nearly to the bottom. Fill the end slits with a little Roquefort cheese mixed with cream and the center with a thin slice of Canadian or sharp American cheese cut to shape. Press the tomato together firmly so that only the strips of cheese show and serve with French or Lorenzo dressing.

The Plus and Minus sign to be carried out in the cheese markings—a novel item, tasty and of pleasing appearance. A novelty for the fraternity or for the mathematician's dinner.

Poinsettia

Lettuce, tomato, asparagus, whipped cream, green peppers, hard-boiled egg yolks

On a bed or in a nest of lettuce place a whole ripe peeled tomato slit five times from top to stem end, but base left intact. Fold back petals and place a short spear of asparagus in center of each petal. Pipe a little rosette of whipped cream or cream

cheese at each opening between petals, and sprinkle center with chopped green peppers and yolks of hard-boiled eggs. French dressing. (See illustration opposite page No. 154.)

Polish

Endive, celery, nuts

On heart of endive, place in small separate mounds, chopped celery, chopped endive and chopped nuts. Serve a creamy mayonnaise on the side.

Pomme a la Plaza

Tomato, celery, green peppers, chicken, lettuce, truffles

Fill a chilled, peeled, ripe tomato with diced celery, green peppers, white meat of chicken and truffles mixed with mayonnaise. Criss-cross with green peppers, and serve on bed of lettuce.

Pommes d'Eve

Lettuce, apple, celery, asparagus tips, string beans, red and green peppers, truffles

In a nest of lettuce place a small peeled, scalloped Jonathan apple (hollowed out). Fill apple with asparagus tips, cubed stringless beans, very fine shredded celery and small julienned red and green peppers mixed with mayonnaise. Garnish with chopped truffles.

Pomona

Lettuce, strawberries, pears, nectarines, apples, nuts, cream cheese

On a bed of lettuce place thin slices of strawberries and on top alternate slices of pears, nectarines and apples. Sprinkle chopped nuts over top and garnish four sides with small rosettes of cream cheese mounted with berries. French dressing.

"The luscious peach, the blooming nectarine, among the precious fruits of earth are seen. Fruitful Pomona supplies the busy mart, and suits man's palate in salad or in tart." Pomona is the goddess of the orchards and fruit trees.

Pompeii

Romaine, orange, grapes, cherries, celery, nuts

In a bowl lined with inner leaves of romaine place in a mound cubed orange sections, finely diced celery, seeded and halved hot-house grapes mixed with mayonnaise. Garnish tops with red cherries and chopped nuts.

Poor Man's Salad

Dandelions, cress, chives, garlic

Mix equal quantities of very young dandelions and watercress. Rub bowl with a clove of garlic or sprinkle a few chopped chives over herbs. Serve with French dressing.

AUTHOR'S NOTE: This is a real poor man's salad, as the dandelions can be plucked along the hedges and byways and the cress from the running brook. This is strictly herbal and a real health-giving salad. In the spring of the year there is no more healthful, economical, satisfying salad in the entire category of salads than this one. Dr. Kirschner, writing in the "Cook's Oracle," tells of a poor man who was extremely hungry and stayed so long in a cook's shop, while the cook was dishing up savory meats and herbs, that his stomach was satisfied with only the smell thereof. The choleric cook demanded him to pay for his luncheon; the poor man denied having had any, and the controversy waxed warm until a modern Solomon entered the shop. On relation of the matter to this newcomer, it was determined that the poor man's few pence should be placed betwix two empty dishes, and the cook should be recompensed with the jingling of the coins, as the poor man was satisfied with the smell of the cook's wares. If the poor man had dined on this Poor Man's Salad, he could have paid the choleric cook (during discussion) in kind for his fumes. (Fume for fume.)

"Garlic without, or garlic within,
'T will make one run or asphyxiate him."

Pork and Veal

Same as Chicken Salad, except use cold roast pork or veal in place of chicken.

AUTHOR'S NOTE: A young experimentalist once declared that eating veal was as insipid an enjoyment as kissing one's sister; so if you have chicken, use it instead of veal or pork and get the real thrill. So much for veal or pork in salad.

Porto Rico

Lettuce, green peppers, pineapple, oranges, grapefruit

Cut green peppers lengthwise. Remove seeds and fill with long cut julienned grapefruit, oranges and pineapple. Fruit to be criss-crossed in pepper and crossed on top with julienned strips of green pepper. Serve on bed of lettuce. French dressing.

Portuguese

Romaine, chicory, pimentoes, celery, kohlrabi, pickled walnuts

Line a bowl with romaine and break in small pieces of chicory. On top of chicory place sliced kohlrabi or cauliflower, sprinkle chopped pimentoes, celery and pickled walnuts over kohlrabi. Mayonnaise or French dressing.

Potato and Watercress Salad with Bacon Dressing

Lettuce, cress, hard-boiled eggs, chives, potatoes

On a bed of lettuce, place sprigs of watercress mixed with chopped eggs. Add grated boiled potatoes to a French dressing base No. 2 and make a border around cress. Just enough dressing to be added to potatoes to bind together. Sprinkle chopped chives over top. Bacon dressing.—*Carl Roessler, manager, Atlantic Hotel, Chicago.*

Princess I

Lettuce, tomato, asparagus tips, pimentos, green pepper

On a bed of lettuce, place a peeled slice of ripe tomato; on top of tomato place five spears of asparagus tips. Band tips

with two strips of julienned pimentos and one of green pepper. (See illustration opposite page No. 154.)

Princess II

Lettuce, pineapple, tomato, orange

On leaves of lettuce place a slice of pineapple; on top of pineapple place a whole chilled tomato, peeled and hollowed out. Fill tomato with cubed oranges. Princess dressing.

Printemps

Romaine, escarole, tomato, asparagus tips

On leaves of romaine, break small pieces of escarole. Place one slice of peeled ripe tomato on top of escarole and garnish top of tomato with four spears of asparagus tips. Printemps dressing.

Priola

Chicory, tomatoes, potatoes, celery, truffles, artichokes

In a bowl lined with chicory and broken pieces of chicory on bottom for base, place equal quantities of diced and seasoned artichoke bottoms, tomatoes, potatoes and celery. Mask with mayonnaise and sprinkle chopped truffles over top.

Provencale

Lettuce, anchovies, beets, hard-boiled eggs

On a bed of shredded lettuce, place in center and in a row, several slices of pickled beets. Garnish with four quarters of hard-boiled eggs and decorate eggs with fillets of anchovies, fillets cut thin and stripped over center and sides of eggs. French dressing.—*By L. Domergue, chef, Edgewater Beach Hotel.*

Quin

Lettuce, cottage cheese, anchovies, fish flakes, cress, tomato

On a bed of cress and shredded lettuce or in a nest of lettuce, place a thick, peeled slice of ripe tomato. Garnish top of

tomato with cottage cheese mixed with chopped anchovies and flaked John Dory. John Dory fish are procurable in the east. The John Dory fish can be substituted with brook trout, which has a small flake and extremely delicate flavor. French dressing.

This salad is a Friday or Lenten salad or one that can be used at a reception or wedding dinner as an appetizer by omitting the cheese and masking the fish with a mayonnaise.

Epicure Quin used to say: "Of all the banns of marriage I ever heard, none gave me half such pleasure as the union of delicate Ann-Chovy with good John-Dory."

Quixote

Lettuce, Roquefort cheese, endive, tomato, black olive

On a bed of lettuce place a large peeled slice of tomato, place short, thin inner leaves of endive trimmed to shape and radiating from center to edge of tomato like spokes of wheel with the hollow side up. Fill or pipe hollows with Roquefort and cream cheese thinned with a little raw cream. Pipe a rosette of cheese in center of tomato and place a fluted black olive in center of cheese. Sprinkle top of cheese with paprika. Connect ends of endive by piping edges with cheese made into an "M" shaped border—effect of a wheel or windmill. French dressing. Two larger leaves of endive can be placed underneath tomato to represent supports of mill.

Everyone knows the story of Don Quixote's windmill fight.

Rachel

Lettuce, celery, chicken, artichokes, truffles, potato salad

Line a bowl with lettuce and fill bottom of bowl with potato salad. Mix julienned celery, white meat of chicken and artichoke bottoms with mayonnaise and place on top of potato salad. Mask with mayonnaise and garnish with julienned truffles, or mix all ingredients into potato salad, mask with mayonnaise and garnish top with truffles.

Racing King

Lettuce, alligator pear, truffles, orange, pineapple, red and green peppers

On a flat slice of lettuce, place a thick slice of alligator pear cut from center of half alligator pear. Arrange on lettuce like a horseshoe. Lay on pear little squares of truffles to represent nail holes. Place in center of horseshoe alternately, sections of orange and pineapple cut like orange sections. Place small bands of red and green peppers between orange and pineapple. French dressing. (See illustration opposite page No. 170.)

Radish

(*See Blair Salad.*)

Radish and Carrot

(*See Carrot and Radish.*)

Ragoutant

Lettuce, pineapple, nuts, pearl onions, Stilton cheese

On a bed of lettuce, place a slice of pineapple. Sprinkle pineapple with grated Canadian, Stilton or Italian Gorgonzala cheese and ground nuts. Decorate top with pearl onions. French dressing.

AUTHOR'S NOTE: The salad is inviting, tempting, pleasing, savory, and agreeable, a highly concentrated food and ample for the main dish of any luncheon.

Raisin and Rice

(*See Rice and Raisin.*)

Rampion Root

Rampion, beets, cress, celery, lettuce

Remove the thick whitish outer skin of young rampion root (raw). Slice or dice and mix with equal quantities of diced pickled beet and hearts of celery. Arrange on bed of lettuce. Season and garnish with cress. French dressing.

Rape

Rape, cress

On a bed of lettuce, place equal quantities of young rape leaves and cress. French dressing.

Reba Hill

Lettuce, persimmons, celery, walnuts

On a slice of heart of lettuce, place a half Japanese persimmon (seeded). Cover with julienned celery and mask with mayonnaise. Garnish with chopped walnuts or dice persimmon. Mix with celery and mayonnaise and serve in hollow shell of persimmon.

Rector s

Tomato, pickles, pickled onions, watercress, red peppers, lettuce

In a bowl lined with lettuce, place peeled and quartered tomatoes, pin money pickles, and pickled pearl onions mixed with mayonnaise. Garnish with rosettes of cress and chopped red peppers.

Reggie

Romaine, orange, green peppers

On a slice of heart of romaine, place six sections of orange. Garnish top with julienned green peppers. French or Lorenzo dressing.

Rice

(*See Col. Holden's Rice Salad.*)

Rice and Raisin

Lettuce, raisins, rice, pineapple, celery

Mix equal amounts of steamed wild rice or white rice (dry) with diced celery, pineapple and seedless raisins. Season and mix with a Thousand Island dressing (enough to bind), mould out on lettuce lined plate. Garnish two sides with two halved slices of pineapple. French dressing.

Romaine Roll

(*See Lettuce Roll*)

Roman

Cos, chicory, endive, onions

On a bed of romaine or cos, place broken pieces of chicory and endive, and sprinkle with finely chopped onions or chives.

AUTHOR'S NOTE: The Romans were great salad eaters, that is, insofar as they knew salads. In "De Opsonis" may be found brief directions for the sauces proper for their common salads. In default of lettuce they ate cos, endive or chicory, flavored with minced onions, which they dressed in the spring with liquamen and oil, and in the winter with honey and vinegar. The earliest of Romans used to close their meals with salads, but in Martial's time it was correct to eat the greens at the beginning of the repast.

Martial says:

"Tell me, why lettuce, which our grandsires last did eat
Is now of late become to be first of our meate?"

Like the Romans of Martial's time, our ancestors from the feudal days to the 18th Century, regarded the salad as a prelude to heavier dishes.

Rosa

Tomatoes, peas, cauliflower, beans, beets, red Spanish peppers, lettuce

Place a whole hollowed out ripe tomato on a bed of lettuce and fill with new peas, rosettes of cauliflower, cubed string beans and red beets. Mask with red mayonnaise. Sprinkle paprika on top and garnish around base of tomato with red Spanish peppers.—*Vincent Laszko, maitre d'hotel, Edgewater Beach Hotel.*

Round Robin

Lettuce, celery, pineapple, orange, grapefruit, alligator pear, apple, cream cheese, pear

On a bed of lettuce, place some finely julienned celery and on top place a slice of pineapple. Garnish top of pineapple

with a section of orange, grapefruit, alligator pear; pear, and apple equal distances apart. Make a little nest or well out of cheese in center and fill center of nest with red French dressing. Between fruit sections pipe a rippling line of mayonnaise like someone's hand writing. Names can be carried out in colored vegetable butter. Miss Apple, Mr. Cheese, Mr. Alligator, Miss Peach, Mr. Grapefruit and Miss Orange. This item or novel salad can be used at a children's party and the names of the assembled guests can be piped on salads, i. e., Ruth, Jack, Rose, Dick, May, etc. Any fruit garniture can be used to suit the occasion. The mayonnaise as well as fruit should be ice cold. If piping is done butter is to be forced through a small paper cornucopia, making distinct lettering large enough to be read. The salad will produce a surprise and be appreciated by all. The fruit sections should be cut flat on one side to lay evenly in place.

Round Robins have been made use of from the early times and the purpose was to keep the one who received the Round Robin from knowing who had first signed it. The sailors in the early days signed round robins and sent them to their captains demanding better conditions, food, etc. The round robin generally produced results.

Royale I

Lettuce, apples, endive, red peppers

On leaves of lettuce in form of nest, place diced eating apples and endive. Garnish top with red peppers. French dressing.

Royale II

Romaine, cress, tomato, celery

On a bed of romaine, place small broken pieces of watercress. On top of cress place a thick peeled slice of tomato and garnish top of tomato with finely julienned celery. French dressing.

Rush

Lettuce, chicory, endive, tomatoes, cucumbers, cress

Line a bowl with lettuce leaves and the bottom with shredded lettuce, broken pieces of chicory and endive. Fill bowl two-thirds full and garnish top with three peeled slices of red ripe tomatoes alternated with several scored slices of hothouse cucumbers and garnish sides with a rosette of watercress. French or Lorenzo dressing.

Dr. Benjamin Rush, who has been called the American Sydenham, combined so many gifts that like certain plants of various characteristics, it is almost impossible to classify him. However, this salad, unlike the one in honor of whom it is named, is quite easily classified. It is alkaline, healthful, and can be eaten by young and old—good with proteins or starches, and will help neutralize the acids of either. A story is told of Dr. Rush that at one time he humorously related how his patriotism had interfered with his practice—a number of persons refusing to be treated by him for yellow fever for the very good reason that he had signed the Declaration of Independence.

Russell

Lettuce, grapefruit, oranges, alligator pear, bananas

Fill a half banana shell with sections of grapefruit, oranges, alligator pears, and sliced bananas. Arrange fruits artistically. Serve on leaves of lettuce. French dressing. (Bananas will not blacken if dipped for a few minutes in lemon juice.)

Russian I

Lettuce, beets, cauliflower, potatoes, beans, peas, Lyons and cervelat sausage

In bowl lined with lettuce, place mounds of diced beets, potatoes, string beans, peas, Lyons and cervelat sausages. Place a rosette of cauliflower in center. Any macedoine of vegetables can be used. Russian dressing.

Anchovies are used at times as one of the ingredients which enter into composition of Russian salad.

Russian II

Cress, caviar, crab flakes, shrimp, celery, artichokes, anchovies, sardines, chives, tartar sauce

On a bed of fresh green cress, place three small artichoke bottoms; fill one with shrimp and celery diced and mixed with mayonnaise, one with rolled anchovies and sprinkled with chopped chives, and one with diced sardines, crab flakes and caviar mixed with a little tartar sauce. French dressing.—*By L. Domergue, Chef, Edgewater Beach Hotel.*

St. Augustine

Romaine, cream cheese, pears, almonds, oranges, cress

On a bed of romaine, place a ball of cream cheese mixed with canned pears chopped fine and chopped blanched almonds. Place five or six sections of orange over top of cheese like a bridge so the cheese is completely covered up and orange looks like a half orange, round side up. Place two little rosettes of small twig ends of cress at either side. French dressing.

AUTHOR'S NOTE: Brillat Savarin declared that the discovery of a new dish does far more for the happiness of mankind than the discovery of a star. This salad is new and if once tried will do much for the happiness of man. It is tasty, beautiful, unique in arrangement and the ingredients which enter into its composition are conducive to health. Salads of this kind, if eaten as the main luncheon dish will go a long way toward prolonging the life of man. A Greek philosopher said: "When shall we live, if not now?"

St. George

Lettuce, chicory, endive, apples

In a salad bowl lined with lettuce place broken pieces of chicory on bottom to form base. Place finely julienned apples mixed with julienned endive on top. St. George dressing.

St. James

Lettuce, celery, scallops, hard-boiled eggs, capers

On a bed of lettuce, place equal quantities of diced celery and cooked scallops, sliced or diced. Mix celery and scallops with mayonnaise or Thousand Island dressing and garnish with quartered hard-boiled eggs and capers. (Oysters may be substituted for scallops.) Salad can be served in lettuce lined shells.

AUTHOR'S NOTE: "St. James was patron saint of the apple tree, oyster and scallop. No pilgrim visited the shrine of St. James at Compostella without taking away with him a hallowed scallop shell. Throughout Christendom, wherever a mess of scallops were served to the pious traveler, the Saint was thanked for the wholesome food. By the pilgrim who had earned the right to bear one, the sanctified scallop shell was an amulet against evil spirits, a memorial of pious adventure, and a badge of honor. It was also a cup from which he drank at the wayside spring and the spoon with which he took share of pot luck at the Pilgrims' Inn. To his dying day he used it as his spoon and cup." This makes an ideal Lenten or Friday dish. It is tasty and easy to make.

St. Pierce

Lettuce, celery knobs, beets

On a bed of lettuce alternate sliced celery knobs and beets. French dressing.

St. Pierre

Lettuce, endive, artichokes, beets, truffles

Line a bowl with lettuce and break in half pieces or fourth pieces of endive to make a base. Place a large artichoke bottom in center and surround artichoke with overlapping slices of red beets. Julienne truffles over artichoke. French dressing.

"Salads made in a hurry can never be perfection."

To excite the good opinion of the eye is the first step toward awakening the appetite. This advice not only applies to

salads, but to all made dishes, as well as to the cleanliness of silver, dishes, glasses and cloth, and to the general arrangement of your table.

St. Regis

Lettuce, grapefruit, malaga grapes

On a half heart of lettuce in shape of basket, place six sections of grapefruit. Garnish top of fruit with sliced and seeded malaga grapes. French dressing.

Sairey Gamp

Lettuce, cream cheese, pear or peach, pimentoes, olives, whipped cream

On bed of lettuce, place a rosette of red colored cream cheese. Over top of cheese place a half Bartlett pear or half Melba peach, round side up. Cut slits for eyes, nose and mouth and insert pimento strips for nose and mouth, rounds of black olives for eyes. Pipe on two red ears out of cream cheese and make a red tie out of strips of pimentoes. Pipe whipped cream at top for hair. French dressing. Cheese to be colored with tomato paste and thinned with raw cream.

AUTHOR'S NOTE: Everyone should know who Sairey Gamp was, but for the edification of the uninitiated, Sairey was a contemporary of Samuel (V) Weller and Mr. Pecksniff. Sairey loved a certain kind of tea and had a full-blown face with a lovely red nose. For further information consult Dickens. The salad is a real picture and if used for a literary society's luncheon, it will make a real hit.

Salad Dessert

Lettuce, pound cake, grapefruit, bananas, oranges, red and green peppers

Toast a piece of pound cake or raisin cake 2 by 3 inches and cut a half-inch thick. Spread with a Maiden Blush dressing, and alternate grapefruit, bananas and orange on top of cake;

cut as near to uniform shape as possible. Garnish with red and green peppers cut in strips alternately on top of fruit. Pass a Maiden Blush or Collegiate dressing at table.

Cake should be toasted the last minute and salad made and then served. Serve plenty of dressing with salad and pass at table so as not to spoil the effect. A salad which will take the place of a dessert and a salad. A sandwich shop or tea room item.

Garnish around base of cake with finely julienned lettuce. Bananas should be bathed with lemon juice to prevent discoloration.

Salad Sandwich

Toast, ham, chives, asparagus, tomato, cucumbers, radish, watercress, ripe olive, lettuce, cream cheese, hard boiled egg

On leaves of lettuce, place a slice of freshly toasted raisin bread (trimmed). Cut toast diagonally and spread with mayonnaise, or Thousand Island dressing, mixed with chopped ham and chives. Arrange top of toast with two asparagus tips placed in center and tip ends out, bases together. Place a half slice of peeled ripe tomato at either side of grass, place two or three thin slices of cucumbers next at either side of tomato, and tip ends of toast with ripe olives. Garnish top center of tomato with egg and rosette of cream cheese, and side of tomato with half slice of hard boiled egg. Place a little rosette of cress at one side of sandwich and a ripe olive and radish at other side. Thousand Island dressing to be passed at table.

The Salad Sandwich is new, and if some thought is given to the freshness and garnishing it will meet with immediate favor. Almost any kind of vegetable can be used if care is taken in the arrangement. This Salad Sandwich should constitute the main dish of the luncheon. A rosette of cream cheese can be piped on top and in center of sandwich for effect. Place toast on plate in shape of a diamond. Minced chicken or cheese can be used in place of ham.

AUTHOR'S NOTE: The Fourth Earl of Sandwich, who lived about the middle of the eighteenth century, was an inveterate

card player. In order that he might not lose a single minute from a game, he ordered a servant to bring in a slice of meat between two slices of bread, so that he could eat it without knife, fork or plate. The combination and ease of handling so pleased him that from time to time he ordered it for himself and friends. This was the birth of the sandwich, which bears his name today in practically every country on the globe. (See illustration opposite page No. 170.)

Salmagundi

Lettuce, cabbage, anchovies, chicken, hard-boiled egg yolks, parsley, green beans

Line salad bowl with lettuce and fill bottom with finely shredded cabbage which has been previously marinated for an hour or more. On top of cabbage place a layer of finely shredded white meat of chicken, and shredded lettuce mixed with a few flaked anchovies. Garnish top with French stringless beans and sprinkle with chopped egg yolks and parsley. French dressing.

AUTHOR'S NOTE: Madam Glass, in her second edition "*Art of Cookery*," gives three ways to make Salmagundi and which includes everything but the kitchen range. One recipe calls for pickled herrings, cucumbers, apples, onion, red cabbage, cold pork, cold duck, cold pigeons, boiled parsley, celery, eggs, white and yolks, pickles, lemons, and nasturtium flowers. She adds in a footnote, "This is a fine middle dish for supper, but you may always make Salmagundi of such things as you have, according to your fancy.

Washington Irving wrote a book called Salmagundi. Irving or Glass offer no excuses for the mixtures, literary or otherwise: So!

"With baked and broiled and stewed and toasted and fried and boiled, and smoked, and roasted, we treat the town."

RACING KING

Lettuce, alligator pear, truffles, orange, grapefruit, pineapple, red and green peppers

SALAD SANDWICH

Toast, ham, chives, asparagus, tomato, cucumbers, radish, watercress, ripe olives, lettuce, hard boiled egg, cream cheese

Salmon

Salmon, spinach, lettuce, hard-boiled eggs, chives

Marinate flaked salmon in a French dressing and arrange on a bed of chopped and squeezed fresh spinach. Garnish around edge of spinach with shredded lettuce and sprinkle chopped yolks of eggs and chives over top. French dressing.

AUTHOR'S NOTE: Spinach can be dispensed with and flaked salmon placed on bed of shredded lettuce and garnished with quartered eggs; salmon can be moulded out on top of spinach. This salad should be made the main dish of any one meal. The protein as well as fat content of salmon is high, both acid-producing; the spinach is rich in alkaline salts and is a base. The salad is healthful, economical and tasty, can be made pleasing if time is taken to arrange it.

Salome

(*See Pear Salome*)

Omit bread and fill pear with cream cheese, mixed with paprika. Otherwise the same.

Sancho Panza's

Lettuce, chicken, goose, apples, celery, hard-boiled eggs

On a bed of lettuce place a mould of equal amounts of diced chicken, goose or duck, apples and celery seasoned and then mixed with mayonnaise. Mask with mayonnaise and garnish with quartered eggs.

AUTHOR'S NOTE: Sancho Panza and Don Quixote were served by a cook at the wedding of Camacho, the rich, with a skimming salad. Sancho approached one of the busy cooks and asked if he might sop a luncheon of bread in one of the pots, to which the cook answered: "This, friend, is not a day for hunger to be abroad, thanks to good Camacho. Alight, and look about you for a ladle to skim out a fowl or two, and

much good may they do you." "I see no ladle," answered Sancho. "Stay," quoth the cook, "God save me, what a helpless varlet you are." So saying he laid hold of a kettle and sousing into one of the pots, he fished out three pullets, and a couple of geese, and said to Sancho, "Eat, friend, and make a salad of the scum, to stay your stomach till dinner time." "I have nothing to put it in," answered Sancho. "Then take ladle and all" quoth the cook, "for Camacho's riches and joy supply everything."

The addition of goose or duck to the chicken gives the salad an unusual flavor.

San Francisco

Romaine, grapefruit, oranges, honey dew melon, cherries

On a bed of romaine, alternate honey dew melon, sections of oranges and grapefruit. Top with halved fresh California cherries seeded. French or Thousand Island dressing.

Soak honeydew in lemon juice for ten minutes and season with salt before making up salad.

San Jene

Lettuce, grapefruit, kumquats

On a bed of lettuce, alternate grapefruit and sliced kumquats. Use three slices of kumquats overlapping in a row and then a section of grapefruit. Mint sauce.

Sarah Bernhardt

Lettuce, asparagus tips, artichokes, hard-boiled eggs

Line salad bowl with leaves of Boston lettuce, with a shredded lettuce base. Place several asparagus tips in center in upright position and alternate slices of artichoke bottoms with slices of hard-boiled eggs all around asparagus. French dressing.

Saratoga

Romaine, oranges, bananas, strawberries, green peppers

On a slice of heart of romaine, alternate sections of orange and slices of bananas. Handle bananas in arrangement same as in San Jene. Garnish top with strawberries or cherries and diced green peppers. French dressing.

Semour

Romaine, oranges, grapefruit, grapes, pecans, cream cheese

On a slice of heart of romaine, alternate sections of oranges and grapefruit. Garnish with three stuffed malaga grapes, one in center and one at each end. Stuff grapes with chopped pecans and cream cheese. French dressing.

Seville

Lettuce, beets, apples, tomato, beans, hard-boiled egg yolks

On a bed of lettuce, place some finely chopped apples and beets. Place a peeled sliced tomato on top of beets and apples and top tomato with cubed pieces of stringless beans. Mix chopped yolks of eggs in French dressing and serve.

Sherman

Lettuce, pineapple, celery, apples, ripe olives

On lettuce leaves place a slice of canned pineapple. Mix celery and apples cut in julienne and mixed with mayonnaise and cover pineapple. Garnish with slices of ripe olives.—*Thos. Magliano, chef, Hotel Sherman, Chicago.*

Shrimp

(*See Lobster.*)

Food elements of shrimps and lobsters, are about the same as fish—protein, fat and calcium.

Sicilian

Lettuce, oranges, potatoes, apples, almonds

On a bed of lettuce place some thinly sliced boiled potatoes. On top of potatoes alternate sections of orange and apples cut like orange sections. Sprinkle chopped almonds over top. French dressing.

Sicilienne

Apples, pineapple, celery, truffles, pimentoes

In a scooped out scalloped apple, place diced pineapple, apple and finely minced celery mixed with mayonnaise. Garnish top with julienned truffles and pimentoes.

Simple

Lettuce, beets, mint

On a slice of Boston lettuce or romaine place three rows of freshly cooked beets (cold and fiery red). Sprinkle freshly chopped mint leaves over beets. French dressing. A simple salad with an exquisite flavor. Try baked beets.

AUTHOR'S NOTE: If in the eating of this simple salad you do not taste Elysian Joys do as Miss E. Pennell says: "Hasten to the hermit's cave in the desert and for the remainder of your days grow thin on grass and roots."

Singapore

Lettuce, garlic, celery cabbage, celery, red and green peppers, Major Gray's chutney

In a garlic rubbed bowl lined with lettuce, place finely julienned celery cabbage. Add equal quantities of diced red and green peppers and celery. Add Major Gray's chutney to a mayonnaise base No. 1 and pour over ingredients and mix well. Serve on lettuce lined plates. Season celery cabbage with salt before adding dressing.—*C. Shorg, head waiter, Atlantic Hotel, Chicago.*

This is an easy salad to make and truly delicious.

Six-Thirty

Lettuce, cress, peach, scrambled eggs, ham, chives

On leaves of lettuce, place a little heap of leaf end sprigs of watercress. Place half of a canned peach in center and fill with scrambled eggs cooked with a little cream and seasoning, eggs to be scrambled until they are rolled in small round balls. Sprinkle a little minced boiled ham and chopped chives over top. French dressing.

Sixtus the Fifth

Lettuce, apples, pineapple, pears, hard-boiled egg yolk, fruit aspic

In a nest of lettuce, in the form of basket, alternate thinly sliced eating apples, pineapple and pears cut about the size of a fifty-cent piece with a column cutter. Garnish top of fruit with several slices of yolks of egg and around base with nuggets of golden fruit aspic. French dressing.

AUTHOR'S NOTE: When Pope Sixtus was an obscure monk he had a great friend in a certain lawyer who sank steadily into poverty, at the time the monk rose to the Papacy. The poor lawyer journeyed to Rome to seek aid from his old friend the Pope, but he fell sick by the wayside and told his doctor to let the Pope know of his sad state. "I will send him a salad," said Sixtus, and duly dispatched a basket of lettuces to the invalid. When the lettuces were opened, money was found in their hearts. Hence the Italian proverb of a man in need of money: "He wants one of Sixtus the Fifth's salads."

The salad is tasty, appetizing, healthful and makes a pretty picture. Oranges, bananas and alligator pear can be substituted. Appropriate for a dinner where dignitaries of the Catholic Church are being entertained.

Slaw

(See Alpine Slaw)
(See Cold Slaw)
(See Cole Slaw)
(See Hot Slaw I, II)

South Sea Island

Apples, avocado, oranges, pistachio nuts, romaine

Marinate slices of avocado and slices of eating apples in French dressing for about one hour. Alternate the above with sections of orange on bed of romaine, sprinkle chopped pistachio nuts over top. French dressing.

Spanish

Lettuce, pimentoes, grapefruit, pickled walnuts

Make a bed of lettuce in shape of basket and place shredded lettuce on bottom. Place five sections of grapefruit on lettuce and sprinkle chopped pimentoes and pickled walnuts over top. French dressing.

Spinach

Same as Spinach and Tongue, only leave out tongue.

Spinach and Tongue

Lettuce, spinach, tongue, capers, hard-boiled eggs, onions

Squeeze out boiled spinach and chop very fine. Season with a little finely minced shallots or onions, nutmeg and salt. Julienne smoked ox-tongue very fine and mix with spinach. Press into a mould and allow to cool in ice box for two or three hours. Turn out in nests of lettuce and garnish with chopped capers and quartered eggs. French dressing.

Spring

Dandelions, beets, bacon, garlic

In a bowl rubbed with garlic, place equal quantities of fresh white dandelions and thinly sliced beets. Pour over a bacon dressing at table.

Stacks (Hay)

Lettuce, chicory, endive, asparagus, bran, tomatoes, cress, cheese

(Bowl) On a bed of shredded lettuce place in center one giant asparagus tip standing upright. Around asparagus stack shredded endive, chicory, lettuce, tomatoes and bran. Around edge of stack a little ring of cress. Thousand Island dressing.

Stanislaus

Lettuce, grapefruit, celery, grapes, nuts

Make a basket of half head of lettuce and fill with equal amounts of julienned celery, cubed grapefruit and halved and seeded grapes, mixed with a creamy mayonnaise. Chopped nuts over top.

Stephania

Lettuce, endive, hard-boiled eggs, peas

On a bed of lettuce, place three or four leaves of endive. On top of endive overlap several slices of hard-boiled eggs. Mask with a light creamy mayonnaise, mixed with a little puree of new green peas.

Stuffed Alligator Pear

Alligator pear, grapefruit, cream cheese, red and green peppers, chili sauce

Hollow out half medium sized alligator pear, cut meat into cubes and mix with chili sauce and refill. Garnish top with alternate slices of alligator pear and sections of grapefruit. Fruit slices are to radiate in a circle from center to edge of pear. Pipe a rosette of cream cheese in center and strip edges of fruit all the way round with red and green peppers. French dressing.—*Chef Stadelman, Radisson Hotel, Minneapolis.*

Sugar Plum

Pear, lettuce, orange, grapefruit, cream cheese, angelica, cress, bar-le-duc, strawberries

On a five and one-half inch plate place two half canned pears (small) base to base. Fill center with a little cream cheese thinned with bar le duc. On top of cheese place two sections of golden oranges and slip a section of grapefruit in center of orange, completing and rounding out the plum. Garnish end of pears with a small stick of angelica and place one rosette of cream cheese at either side of pears, center, and a little sprig of cress on top of cheese. Garnish with lettuce arranged around pears and serve. Pour a spoon full of red bar le duc over fruit. Garnish with cress and strawberries. French dressing.

AUTHOR'S NOTE: Pears to be cut flat on round sides so that they lie flat on plate. In case the pear is large, use only one, but two small halves make the better showing. This salad is extremely colorful. It is good for children and would make a real picture for any luncheon and at a lollipop or sugar plum party it would make a real hit. A little care with this salad and your fame is made—at least for a day. (See illustration opposite page No. 202.)

Summer

Watercress, lettuce, cucumbers, radishes, green peppers, onions, tomatoes

On a bed of watercress surrounded with shredded lettuce, place a peeled slice of ripe tomato. Around tomato alternate sliced cucumber and radishes. Sprinkle chopped green peppers and new green onion tops over top of tomatoes. French dressing.

Sunburst

Chicory, pineapple, cherry, cream cheese, red and green peppers, fruit aspic, orange, grapefruit

On a bed of curly chicory, place a slice of pineapple. Arrange leaves of chicory so they curl up around edge of pine-

apple. Place a fiery red cherry or strawberry in center on a rosette of cream cheese. Radiate from center to edge of pineapple a thin slice of section of orange and then a thin slice of red pepper, then a section of grapefruit and then a strip of green pepper; continue this arrangement all around pineapple. Pipe thin lines of mayonnaise along sides of fruit and peppers to fill in the unevenness of lines and to represent the sun's rays. Make a border of chopped golden and red fruit aspic and place all around edge of pineapple. Thin strips of gold and red aspic jelly can be used to represent sun's rays in place of mayonnaise.

AUTHOR'S NOTE: Great care should be exercised in making salads. After the component parts are thoroughly cleaned and chilled and ready for mixing and arranging, the artistic touch must be added to make the picture complete. This salad can be made exceptionally attractive and forms the accompaniment of any meat, or as the main dish for a luncheon.

This salad is a real beauty, in fact one of the prettiest salads in the book. (See illustration opposite page No. 186.)

From Home Economics Bureau for Gelatine, New York City:
"Pure gelatine a valuable food adjunct," says McCann: "Lycine is not found in bread, nor in any vegetable protein. Hence pure gelatine deserves to be looked upon not as a fantastic, whimsical, capricious sort of mumbo-jumbo served merely to delight the eye and titilate the palate, but on the contrary should be regarded as an exceedingly valuable food adjunct which has an important function to perform in this age of denatured pabulum."

Of amino acids Mr. McCann says: "An efficient protein must contain the fourteen essential amino acids. The body requires eighteen, but in the presence of the fourteen essential ones it can manufacture the missing four for itself. On the other hand it wholly lacks the power to manufacture (synthesize) any one of the essential fourteen, no matter how many of the others are present.

"It cannot be repeated too often that the amino acids are building stones of protein. They have been grossly neglected.

The mineral salts are the workers that put the building stones together. They, too, have been grossly neglected.

"Milk contains all the building stones but one. Whole grains contain all the building stones but one. Pure gelatine supplies the missing link.

"Fresh vegetables and ripe fruits are the workers that provide the essential mineral salts, dominatingly alkaline, to put the building stones together."

Suzette I Susette

Lettuce, asparagus, celery

On a bed of lettuce, place five or six asparagus tips. Sprinkle over top very finely julienned hearts of celery. French dressing.

Or dice asparagus and mix with julienned celery and mayonnaise.

Suzette II

Lettuce, cream cheese, pineapple, bar le duc, strawberries, green pepper

On leaves of lettuce, place a slice of pineapple. Make a border of cream cheese at edge of pineapple or four rosettes at edge equidistant apart, and a rosette or nest in center. Fill nest with bar le duc. Garnish with strawberries and green pepper. French dressing. (See illustration opposite page No. 202.)

Swastika

Lettuce, apples, celery, asparagus tips, jello, nuts

On a salad plate place a line of julienned celery and chopped nuts, mixed with a stiff mayonnaise and cross with another line of julienned apples and chopped nuts mixed with mayonnaise. Lines should be two and one-half inches long and one inch wide. Sprinkle with chopped golden aspic jello. Cut four giant asparagus tips short and turn them at right angles to complete swastika. Fill in corners with shredded lettuce.

AUTHOR'S NOTE: Mayonnaise to be made with lemon

juice and lines piled about one inch high—just enough mayonnaise to bind ingredients together.

"Vinegar retards digestion, lemon juice promotes it, with the exception of starches which are retarded by acid fruits. At least one meal a day should contain an uncooked fruit or vegetable salad. The more complex salads should be used as the main dish and never at a heavy dinner."

Sweetheart

(*See Adonis*)

Swiss Chard

Swiss chard, stringless beans, lettuce, hard-boiled eggs, chives

Boil or steam until tender. Main stem and mid ribs used in salad. Main stem to be peeled if tough. Cube chard and mix with equal quantities of cubed stringless beans. Marinate chard about two hours in French dressing before mixing with beans. Dress in bowl lined with lettuce leaves. Mask with mayonnaise and sprinkle with a few chopped chives. Garnish with quarters of hard-boiled eggs.

AUTHOR'S NOTE: Sir Thomas Browne, in *Religio Medici* writes: "I could digest a salad gathered in a church-yard as well as in a garden. I wonder not at the French with their dishes of frogs, snails and toadstools; nor at the Jews for locusts and grass hoppers; but being amongst them makes them very common viands, and I find they agree with my stomach as well as theirs." If you, dear reader, have never tried Swiss chard or brocolli in a salad you have really missed a treat. Although one is Swiss, the other Italian, either or both are healthful, reasonable in price and delicious, and will agree with you, as they do with all who use them.

Sydney Smith

Two large potatoes, passed through the kitchen sieve,
Unwonted softness to the salad give,
Of mordant mustard add a single spoon,
Distrust the condiment which bites too soon;
But deem it not, thou man of herbs, a fault
To add a double quantity of salt.
Three times the spoon with oil of Lucca crown
And once with vinegar procured from town.
True flavor needs it, and your poet begs
The pounded yellow of the well-boiled eggs.
Let onion atoms lurk within the bowl,
And, scarce suspected, animate the whole;
And lastly on the flavored compound toss
A magic teaspoon of anchovy sauce.
Then, tho' the green turtle fail, tho' venison's tough,
And ham and turkey are not boiled enough,
Serenely full the epicure may say:
"Fate cannot harm me—I have dined today."

Sydney Smith, 1771-1835.

Sylvia Jacob's Ladder

Romaine, endive, pimentoes, pineapple

On leaves of romaine place two half hearts of endive split and trimmed to shape. Press flat on plate. Run two thick julienned strips of pimento up the center of each half of endive and place thick julienned pineapple across the two hearts of endive, ladder-like. French dressing.

Taft

Lettuce, grapefruit, pears, apples, cream cheese, grapes, pimento

In center of leaves of lettuce, place three slices of cored eating apples, apples to be arranged so that they overlap and in a circular shape. Garnish center of apples with a rosette of cream cheese and arrange two sections of grapefruit and two

slices of pear (long cut) around apples. Garnish top of grapefruit and pear with malaga grapes, two on each section and radiate julienned pimento strips from center just across top of apples. French dressing.

AUTHOR'S NOTE: The recipe also calls for whipped cream, but I am at a loss where to put it. Ex-President Taft must be a great lover of salads, as I have five recipes named in his honor. The above came from two different sources, so I am giving it as being correct. Figs, berries, grapes, walnuts, enter into another; pears, bananas and pickled walnuts another, and cheese, nuts and oranges another. The main ingredients of Mr. Taft's Salads were evidently fruit.

Tango

Lettuce, pineapple, orange, grapefruit, alligator pear, cherry, filberts

On leaves of lettuce, place a slice of pineapple. Alternate around top of pineapple sections of orange, grapefruit and alligator pear. Place a stoned cherry in center and insert a filbert in place of stone. French dressing.—*Chas. Spieler, maitre d'hotel, Congress Hotel, Chicago.*

Tee-off

Watercress, canned pears, apples, cream cheese

On bed of watercress place several parisienned balls of canned pears and Jonathan apples in rosettes or tees of thinned down cream cheese. French dressing. A golfer's salad.

Therese

Endive, lettuce, apples, celery, pineapple, almonds

Line a bowl with lettuce and place equal quantities of julienned endive, apples, pineapple and celery, mixed with a light creamy mayonnaise. Garnish top with chopped blanched almonds.

Tomato

(See Frozen Canned.)

Tomato '74

12 tomatoes, peeled and sliced; 4 eggs, boiled hard, 1 raw egg well beaten, 1 teaspoon salt, 1 half teaspoonful cayenne pepper, 1 teaspoonful sugar, 1 tea cup of vinegar; set on ice to become perfectly cold.

In this book there were about 14 salads, mostly made without oil and none very dainty, like salads of today.—*A recipe for Tomato Salad printed in The Home Cook Book in Chicago, 1874.*

Tomato Andalouse

Lettuce, tomato, celery

In a nest of lettuce, place a peeled hollowed out ripe tomato and fill with long cut julienned celery, mixed with mayonnaise.

Tomato Caprice (Petite)

Tomato, celery, apples, asparagus tips, blanched almonds, lettuce

Place a small ripe tomato, hollowed out and peeled, in a nest of lettuce. Fill with diced celery, apples and chopped almonds and mix with a tomato mayonnaise. Garnish base with asparagus tips.

Tomato Leopold

Lettuce, crab meat, celery, tomato, shrimp, green pepper

In a nest of lettuce, place a hollowed out peeled tomato filled with flaked crab meat, finely julienned or diced celery seasoned and mixed with mayonnaise base No. 3.

Garnish top with a shrimp cut in half and placed red side up and round sides together, and four diamond cuts of green peppers at sides.

Tomato Lily

Lettuce, tomato, cucumbers

(*See Poinsettia for arrangement.*)

Hollow center and fill with finely sliced or chopped, and squeezed out cucumbers mixed with mayonnaise.

Tomato Mary Garden

Salmon, anchovies, green peppers, celery, olive, beet, lettuce, tomato

In a nest of lettuce place a whole ripe tomato peeled (hollowed out). Fill with equal quantities of flaked salmon, flaked anchovies, diced green peppers and diced hearts of celery, mixed with mayonnaise. Mask tomato with mayonnaise and place an olive ring in center and a fanciful cut beet in center of olive.

Tomato Monegasque

(*See Artichoke Monegasque.*)

Tomato Ponce de Leon

Lettuce, chicken, raw peas, kraut, beets, celery, cress, tomato

In a nest of lettuce place a whole ripe tomato, peeled and hollowed out. Fill with same proportions of white meat of chicken, raw kraut, raw green peas, celery hearts, and beets all diced and mixed with a Ponce de Leon dressing.

AUTHOR'S NOTE: Raw starch does not digest as quickly as cooked starch and a certain amount of raw starch should be eaten daily because of this fact. The raw starch that reaches the colon is utilized by certain bacteria (friendly to man) as food. These friendly bacteria kill off types of bacteria that set up toxins and poison the system. Raw peas are added to this salad for the raw starch they contain.

Ponce de Leon sought the fountain of youth. This salad contains health giving elements, and what is youth but health?

Quoting Dr. Kellogg in Colon Hygiene: "Cooked starch

as well as sugar and other carbohydrates, is normally wholly absorbed in the small intestines, or practically so, and therefore furnishes no resistance to the growth of bacteria; but raw starch, if taken in more than minute quantities, as has been shown by experiment by the writer, finds its way in considerable quantities into the colon.

Here digestion slowly proceeds, producing dextrin and sugar, which furnishes to the acid-forming bacteria just what they require for their growth in a section of the intestine where the help of these friendly organisms is most needed.

Man's natural dietary comprises food containing a sufficient amount of raw starch to prevent extensive putrefaction in the colon and therefore the art of cookery, while essential under the conditions of modern civilization, is not altogether free from disadvantages, which, however, may easily be obviated by proper selection of foods or, in special cases, by including in the ordinary bill-of-fare partially cooked foods containing a certain portion of uncooked starch, such as oat meal or other grains cooked six or ten minutes. Fruits are most highly anti-toxic of all foodstuffs. They possess in a high degree all the anti-toxic properties of food."

Tomato Radisson (Frozen)

Cucumbers, asparagus tips, celery, nuts, chives, tomato and tomato puree, lettuce

Cube one cucumber, one head of celery and one can of asparagus tips and mix with one quart of well seasoned tomato puree and freeze. Scoop out ripe tomatoes and fill with frozen mixture. Place in nest of lettuce and serve a mayonnaise dressing, adding a few chopped chives and nuts to dressing.—*By F. Stadelman, Chef, the Radisson, Minneapolis.*

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SOMERSETSHIRE SALAD

Head lettuce, whole wheat bread, old cheddar cheese, butter, oil, vinegar, pepper, paprika, salt

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SUNBURST

Chicory, pineapple, strawberry, cream cheese, red and green peppers, fruit aspic, orange, grapefruit

Tomato Robespierre

Tomato, pimolas, lobster, lettuce

Place in a nest of lettuce, a whole ripe, peeled tomato hollowed out and filled with flaked lobster and sliced pimolas, mixed with mayonnaise. Tarragon vinegar to be used when making mayonnaise.

Tomato Sicilienne

Tomato, celery, artichokes, apples, hard-boiled eggs, chives, red and green peppers, lettuce

Medium ripe peeled tomato scooped out and filled with an equal mixture of diced celery, artichoke bottoms, apple and whites of eggs mixed with mayonnaise. Serve on bed of lettuce. Sprinkle with chopped chives, mask with mayonnaise and garnish with red and green peppers cut in fanciful shapes.

Tomato Surprise

Tomato, apples, celery, hard-boiled eggs, lettuce

Place a whole ripe tomato peeled and hollowed out in a nest of lettuce and fill with finely julienned celery and eating apples, mixed with mayonnaise. Replace top of tomato after sprinkling with chopped yellows and whites of hard-boiled eggs.

Tomato Taylor

Tomato, Virginia ham, lettuce, celery, caviar, chervil, parsley, chives

Place a hollowed out tomato in nest of lettuce and fill with diced Virginia ham, celery, caviar, chopped chervil, parsley and chives, mixed with mayonnaise.

Tomato Trianon

Tomato, lettuce, celery, chives

In a nest of lettuce, place hollowed out tomato and fill with julienned celery and lettuce mixed with mayonnaise. Sprinkle chopped chives over top.

Tom Coryate

Lettuce, tomato, hard-boiled eggs, pineapple, Cheddar cheese, celery, red and green peppers, anchovies

On a leaf of lettuce, place one-quarter head of iceberg lettuce, that has been hollowed out with half-inch column cutter. Garnish top of lettuce with strips of red and green peppers, strips of whites of eggs and two or three strips of fillet of anchovies. Fill center hole with chopped celery, Cheddar cheese and pineapple mixed with Thousand Island dressing. Plug hole up with thin piece of cheese cut with same column cutter. Small rosettes of cream cheese can be piped at sides or on top of lettuce for garniture. (See illustration opposite page No. 218.)

AUTHOR'S NOTE: To make holes, take a whole head of lettuce and pierce three holes equal distances apart with half-inch column cutter. That is, if the head is large enough; if small make only one or two and make the hole just below the center of head, so it can be cut properly. Do not come to the surface with the hole at opposite end. This must be done carefully and then lettuce cut in pieces that will be sufficiently large so that the sides are left intact. When using column cutter do not cut too high or too low but center it as much as possible.

"Our ancestors were still using their fingers in the time of James the First, when an English squire by name of Thomas Coryate decided on traveling through Europe. He made a five-month tour through France, Italy, Switzerland and the Low Countries. Traveling in those days was a hardship and few traveled for the pleasure of learning the modes and ways of other foreigners or for the pleasure of scenic splendors. Mr. Coryate being an epicure and lover of sights, partook freely of foreign dishes, whilst he gathered materials for his delightful narrative on travel. At Camona he ate frogs with a gust. He drank wine from the famous Heidelberg cask. At Venice he saw women on the stage, a thing he remarks that he never saw

before, 'but that he had heard that it had been done in London.' He saw ladies who wore chopines (high heeled shoes), but of all the southern novelties, none delighted him more completely than the Italian fork, the Italian fan and the Italian umbrella. So to Coryate belongs the honor of laying forks on the English table, and the feat was not accomplished without strenuous opposition. English society was pricked by the pronged tool into a rage of contemptuous indignation, which it is impossible to recall without a smile. While the pulpit denounced it, and the stage derided the new instrument, the sages of the fireside remembering that fingers were made before forks, pushed the novelty aside as being fantastic and an impious contrivance. To the delight of his hearers, an angry preacher maintained that to touch meat with a fork was to declare impiously that God's comfortable 'creatures' were not worthy of being touched by human hands; but though it delayed, such vehement intolerance could not prevent the adoption of a simple contrivance, that in the course of time commended itself to nice feeders of either sex, and to all orderly persons. It had no effect whatever on Coryate, whose good humor equalled his daring. Decried and repudiated by the well dressed mob, he had no sooner endured a repulse than he renewed the charge with smiling face and shining steel. Fixing his fork and rushing for the thousandth time on his adversary, he eventually thrust it between the teeth of society."

As a salad should always be eaten with a fork and as a head of iceberg lettuce will give as much opposition to a fork as the stay-at-homes gave to Tom Ulysses Coryate, this salad is happily named.

Tortoise

Lettuce, apples, celery, oranges, pickled walnuts, ripe olives, chopped nuts, pimento, cress

On a bed of lettuce, place some small top twigs of cress. Place a thin flat layer of julienned apples and celery on top of cress and a half orange cut in sections with connective tissues

removed. The orange to be laid on first like a half orange flat side down with sections assembled in place. Sprinkle chopped nuts and pickled walnuts over top and place four slices of ripe olives at sides and one pointed piece for head with a curled strip of pimento for opposite end. French dressing.

Tosca

Orange, apples, celery, pineapple, lettuce, almonds

Half an orange hollowed out and scalloped and filled with thinly sliced apples, diced celery and pineapples and mixed with mayonnaise. Place in nest of lettuce. Sprinkle chopped blanched almonds over top.

Trophy

Lettuce, Bartlett pear, green peppers, cream cheese bar le duc, nuts, cherry

In a nest of lettuce place a whole Bartlett pear hollowed out. Place two julienned long strips of green peppers to represent handles at either side and force one end into pear near the base and opposite ends force in near top. Fill pear with a mixture of cream cheese, bar le duc and chopped nuts. Make a little fine border of thinned down cream cheese around top of pear and place a cherry or berry in center. French dressing.

This is a novel item and can be used at any dinner or luncheon in honor of one who has won a trophy. Sides of pear can be ornamented with a little cream cheese, cheese to be piped on with small tube.

Tropical

Alligator pear, lettuce, ginger, nutmeg, mangoes

On bed of lettuce alternate slices of alligator pear and Indian mangoes. French dressing with a little ground ginger and nutmeg added.

Turkestan

Eggplant, caviar, lettuce

Bake an egg plant and cube. When cold mix with caviar and season with paprika, curry powder and salt. Dress on bed of lettuce. French dressing.

Turkey

(*See Chicken*)

Turquoise

Celery, chicory, escarole, cress, red peppers, lettuce

In a bowl lined with lettuce, place broken pieces of escarole, chicory and cress. On top of herbs place finely julienned celery and red peppers, mixed with mayonnaise. Mask with a cream mayonnaise.

Tuscan Peasantry

(*See Umbrian*)

Tutti Frutti

(*See Frozen Tutti Frutti*)

Twentieth Century I

Lettuce, celery, red and green pepper

In a nest of lettuce, place a half green pepper cut lengthwise. Fill with julienned celery and finely cut red peppers, mixed with mayonnaise. Green pepper should be skinned.

Green pepper can be skinned by holding it over the gas a few seconds or by dropping it into hot grease and then rubbing the skin off.

Twentieth Century II

Lettuce, beet, artichoke tubers, cucumbers, chives

On a bed of lettuce place a hollowed out medium sized pickled red beet filled with diced raw Jerusalem artichoke

tubers, cucumbers and shredded lettuce, mixed with Thousand Island dressing. Sprinkle chopped chives over top. Tubers should be peeled and diced raw; tubers and cucumbers seasoned first.

Artichoke tubers are obtainable practically six months of the year. They are crisp and give the salad a nutty flavor. The salad is colorful, well blended and new. Care should be taken in hollowing out beet and beets should be carefully boiled with the stems on so that they do not bleed to death. In other words, if tops are left on and they are boiled slowly and not pierced many times with a fork to see if they are done, they will come out with a beautiful red color. Beets can be filled with any combination of vegetables.

Tyrolienne

Lettuce, tomato, potatoes, celery, red and green peppers

On bed of lettuce, place a peeled slice of tomato. Top tomato with julienned boiled potatoes and celery; sprinkle red and green peppers over top. French dressing.

Umbrian Tuscan Peasantry

Cabbage, broccoli, beet-root, potatoes

On a bed of finely shredded cabbage, place in center a large cluster or rosette of broccoli and alternate slices of beet-root and potatoes around. Italian dressing No. 3.

Valenciennes Viennoise

Lettuce, celery, hard-boiled eggs, truffles, red and green peppers

Hollow half heart of lettuce out and fill with diced celery and slices of hard-boiled eggs. Mask with mayonnaise and garnish top with strips of truffles and fanciful cuts of green and red peppers. Egg slices to be placed in nest very carefully.

Valentine

(*See Adonis*)

Vanderbilt

Romaine, oranges, grapefruit, bananas, pears, maraschino cherries

On a half heart of romaine, trimmed flat and to shape, place on top, alternately, sections of orange, grapefruit, pears and bananas. Pears and bananas to be cut lengthwise and made in uniform sections much like grapefruit and orange. Soak bananas in lemon juice before placing, to keep them from turning black. Decorate top with maraschino cherries. French dressing.

Veal

(*See Pork*)

Vegetarian

Lettuce, tomato, cauliflower, peas, beets, carrots

On a bed of lettuce place a thick slice of ripe tomato (peeled). On top of tomato and in center place a rosette of cauliflower; around cauliflower a ring of green peas, then a ring of chopped beets, and the outside ring to be made of highly colored carrots. French dressing. (See illustration opposite page No. 234.)

Venetian Venitienne

Lettuce, apples, beans, celery knobs, beets, pimento

Line a bowl with inner white leaves of lettuce and place some finely julienned eating apples in circle on bottom. Place a little shock of de luxe string beans in center of apples and wrap a long julienned strip of red pimento around center shock. Beans to be placed on end. Alternate slices of beets and celery knobs around beans. The beans can be held in place by building base of bowl up with shredded lettuce and julienned apples and sinking opposite end of beans down to bottom of bowl. French dressing with paprika.

Vera

Lettuce, artichoke, tomato, red and green peppers

On leaves of lettuce in nest shape, place a whole artichoke bottom. On top of fond place a whole peeled tomato, quartered but not separated. Crisscross red and green peppers julienned through sections of tomato.

Vermilion

Lettuce, red cabbage, beets, tomato, apples, cress, green peppers

On bed of lettuce, place a little red cabbage which has been marinated and alternate half slices of peeled tomatoes and vermilion-colored beets on top. Crisscross top with green peppers. At either side stack julienned apples in little squares about four high, and cover with paprika. Place two or three little twigs of watercress in center to bring out color. French dressing.

AUTHOR'S NOTE: Highly artistic, extremely colorful; with care this salad can be turned into a chef d'oeuvre.

Veronica

Chicory, beets, smoked beef, celery, cress

On a bed of chicory, place some finely julienned celery, beets and smoked beef, made up in three mounds. Place a little rosette of cress in center. French dressing or mayonnaise.

Veronique I

Romaine, grapes, strawberries, pimentoes, nuts

On a trimmed half heart of romaine, place six thick slices of large red strawberries and one whole one at either side in center. On top of sliced berries place halved, seeded and peeled hothouse grapes. Between each slice of berry place a short julienned strip of pimento crosswise. Serve a French dressing and add grated nuts to it.

AUTHOR'S NOTE: An extremely delicate and beautiful salad, a real picture. One that would "tempt the dying

anchorite to eat." A balanced meal must contain a salad; collectively herbs and fruits on account of their acid and alkaline ash, which are the most important items of human nutrition. Herbs and fruits singly or ensemble can be so arranged to please the eye, and in making salad the artistic touch is absolutely necessary. Fruits and herbs act as digestants; their water content, which is high, acts as a purifier and a solvent; the cellulose or connective tissue acts as bulk, which aids peristalsis. Fruit and herbs help to purify the blood, neutralize the acids and aid materially in keeping the tissues healthy. Fruits have an alkaline reaction and the acids they contain are mostly of a feeble nature.

Veronique II

Lettuce, grapes, berries, cream cheese, pimentoes

On a slice of heart of lettuce, place six hothouse grapes seeded and stuffed with cream cheese and decorate as in Veronique I with sliced strawberries and peppers.

Victoria

Romaine, oranges, grapefruit, celery, nuts, grapes

On a bed of romaine or lettuce place, alternately, sections of oranges and grapefruit. Place finely julienned celery at either side of fruit and a fine line of grated nuts down the center and on top of fruit. Flank the nuts with sliced hothouse grapes. English dressing.

Victorian

Lettuce, artichoke, asparagus, truffles, potatoes

On a bed of lettuce place a large artichoke bottom and fill artichoke bottom with a heavy puree of artichokes seasoned well. Garnish top with three stalks of green asparagus cut short and around artichoke alternate thinly sliced new potatoes, artichoke and truffles—truffles to be cooked in Madeira and potatoes to be marinated while warm, in oil, vinegar and

hot consomme. Truffles to be mixed carefully together with potatoes and slices of artichokes to get the flavor of truffles and when cold placed alternately as directed. French dressing.—*Col. C. G. Holden.*

Victory

Lettuce, cream cheese, cress, pineapple, nuts, cherries, red and green peppers, celery

In a nest of lettuce, place a slice of pineapple. Cover pineapple with cream cheese mixed with ground nuts, chopped celery, red and green peppers. Make a rosette of cheese in center, and insert a small American flag. Garnish border with sprigs of cress. Victory dressing.

AUTHOR'S NOTE: A Fourth of July salad—a novelty salad—a salad to be used for any victory dinner or luncheon. (See illustration opposite page No. 250.)

Viegeoise

Lettuce, chicory, garlic, chives, red peppers, celery

(Bowl.) Rub bowl with garlic and line with lettuce; break in pieces of chicory and garnish top with finely julienned celery and red peppers. Sprinkle with chives. French dressing.

Viennoise

(*See Valenciennes*)

Virginia

Endive, Virginia ham, maple syrup

On two half hearts of endive, place crosswise, broiled Virginia ham julienned. Ham to be soaked in maple syrup and then broiled. French dressing.

Virigi

Romaine, beets, onions

On half heart of romaine, place crosswise julienned beets and finely julienned sweet Bermuda onions. Lorenzo or Thousand Island dressing.

Vitamin

Lettuce, cabbage, tomato, calves' liver, chives, cress, hard-boiled egg yolks

On a bed of lettuce place equal quantities of finely julienned raw cabbage, finely julienned peeled tomato, (connective tissue only) and fried calves' liver, mixed with enough Thousand Island dressing to bind. Place a rosette of cress at two sides of salad and two thick half slices of tomato at the opposite sides. Garnish top of salad with sliced egg yolks. Serve a Thousand Island dressing on the side, to which has been added some grated fried liver and chopped chives. (Liver to be just simmered in butter, slowly under cover and in one piece until done.)

AUTHOR'S NOTE: This is an extremely tasty, healthful salad and should constitute the main dish at any meal. Calves' liver and cabbage both contain fat soluble A, water soluble B, and water soluble C vitamins.

"Vitamin A is an Anti-Rachitic factor, B—Anti-Neuritic factor, and C—Anti-Scorbutic factor in the diets of man."—*Sadler's Essentials of Healthful Living, pp. 147 and 148.*

Viveur I

Celery, lettuce, cress, anchovies

In nest of lettuce leaves place three half heads of braized celery (cold). Add chopped anchovies and watercress to a French dressing and serve. Garnish sides with two rosettes of cress.

Viveur II

Alligator pear, romaine, lettuce, celery knobs, anchovies, cress

In bowl lined with leaves of romaine and with julienned lettuce on bottom place sliced celery knobs and slices of alligator pear. French dressing with chopped cress, chives and anchovies.

Waldorf

Lettuce, apples, celery

In nest of lettuce, place equal amounts of finely julienned eating apples and hearts of celery, mixed with mayonnaise. Chopped nuts are sometimes used as a garniture.

Watercress and Celery

Celery, watercress

Equal parts of diced celery and cress; French or mayonnaise dressing.

Watercress and Cucumber

Watercress, cucumbers

One-third watercress, two-thirds cucumbers; cucumbers to be cut in one-half inch dice. French or mayonnaise dressing. —*Carl Roessler, Atlantic Hotel, Chicago.*

Water Lily

Lettuce, cress, hard-boiled eggs, parsley, fruit jello

On a bed of lettuce pressed flat, place a thin layer of sprig tops of green cress. Cut strips from whites of hard-boiled eggs into lily petal shapes and arrange on cress in form of lilies—one lily with five or six good sized petals to a salad. Mix yolks with raw cream and chopped parsley, roll into a ball and place ball in center of each lily. Chop a little yolk of egg and cherry fruit jello separately and sprinkle over center. French dressing.

Washington I

Lettuce, cherries, cherry tomatoes, pear, filbert, celery, cream cheese

In a nest of lettuce leaves, place a hollowed out pear filled with cherry tomatoes or canned cherries (or use fresh red or black cherries—stoned, without cherry tomatoes) and finely julienned celery. Place four rosettes of cream cheese around base of pear and place a red cherry on top of cheese (with stone removed but with stem on), seed to be replaced with a filbert

and two cress leaves embedded in cheese alongside of cherry. Cherry to be placed in a leaning position so that leaves and stem show. American dressing.

Washington II

Romaine, cream cheese, filberts, cherries

On bed of romaine, pipe out two logs in cream cheese about two inches apart. Sprinkle over cheese a few chopped nuts. In center and at sides of logs place about eight or ten stuffed cherries. Cherries stuffed with filberts. French dressing.

Wedding Ring

Lettuce, oranges, rice, cherry, green peppers

On a bed of lettuce, place a chain of orange rings, all rings connected. In center of rings place a mound of marinated rice. Decorate top of rice with julienned green peppers and with pieces of orange in form of small flower and place half cherry in center. French dressing.

AUTHOR'S NOTE: After peeling orange, slice it from top to bottom in ¼-inch slices. Do not use center slice of orange. Take center out with a 1½-inch column cutter. Connect rings together by breaking one ring and slipping two through the slit, making connected links. Use six links to make large ring and in center of connecting links place rice. Place two additional links of orange at either side of rice for garnish. The salad should find its place at a wedding luncheon or dinner. It is attractive and symbolic and will find favor with any bride-to-be.

According to Aulus Gellius "The wedding ring is placed on the third finger of the left hand because of a small nerve in that particular finger which connects directly with the heart." On this supposition, the Greeks as well as Romans wore the wedding ring on that finger, and the custom handed down through the centuries is still in vogue today. (See illustration opposite page No. 250.)

West Indian West India

Alligator pear, pineapple, grapefruit, red peppers, lettuce

In a nest of lettuce, place half an alligator pear and fill with cubed grapefruit. Crisscross julienned pineapple and red peppers alternately over top. French dressing.

William Penn I

Lettuce, celery, apple, pineapple, red and green peppers

On slice of heart of lettuce, place equal quantities of julienned pineapple, celery and apple mixed with mayonnaise. Garnish with red and green peppers.

William Penn II

Lettuce, lima beans, celery, green peppers, chives

In a nest of lettuce, place some freshly boiled and chilled lima beans mixed with finely julienned celery. Mask with mayonnaise and garnish with green peppers and chopped chives. Marinate beans before making salad.

Windsor I

Apples, pineapple, almonds

In a hollowed out scalloped apple, place diced eating apples and pineapple mixed with mayonnaise. Garnish top with half blanched almonds.

Windsor II

Chicken, Virginia ham, celery, tongue, eggs, beets

Place equal quantities of julienned chicken, celery, Virginia ham and tongue in a nest of lettuce. Season and mask with mayonnaise. Decorate with chopped beets and hard-boiled eggs.—*Thos. Magliano, chef, Hotel Sherman, Chicago.*

Winter I

Lettuce, chicory, beets, celery, cress, onions, parsley, carrots

In a bowl lined with lettuce break in pieces of chicory and cress. On top of herbs place sliced carrots and beets alter-

nately and sprinkle over top chopped parsley, celery and finely minced onions. French dressing.

Winter II

Lettuce, garden cress, beet-root, ripe and green olives

On a bed of lettuce, place equal quantities of sprigs of cress and diced pickled beet-root. Sprinkle top with chopped ripe and green olives. French dressing.

Xerophagia

Lettuce, bran, celery cabbage, chopped chives

On a bed of shredded lettuce place equal quantities of Kellogg's bran and finely shredded celery cabbage mixed with Thousand Island dressing. Sprinkle with chopped chives. (Xerophagia means dry.) Excellent salad for bulk or roughage; will aid the peristaltic action of the alimentary tract.

Yadiz

Endive, bananas, grapefruit, pickled walnuts, lettuce

In a bowl lined with endive and with shredded lettuce on bottom, alternate sections of grapefruit and bananas, cut like sections of grapefruit, all around bowl in a circle. Wedge in little slices of pickled walnuts between grapefruit and bananas and place a half pickled walnut in center. French dressing. (Bananas to be bathed in lemon juice.)

Yvonne

Lettuce, persimmons, celery, nuts

On a slice of head lettuce, place a thick slice of Japanese persimmon in center. Place finely julienned celery mixed with mayonnaise around. Sprinkle with chopped nuts.

Zephyr

Endive, oranges, grapefruit, pickled walnuts

On two half hearts of endive alternate sections of oranges and grapefruit. Sprinkle over top a julienne of pickled walnuts. Creamy mayonnaise or French dressing.

Supplement

Adolphus

Lettuce, pineapple, peach, cream cheese, green pepper, cherries

On leaves of lettuce place a slice of pineapple. On top of pineapple place a half peach round side up, perfectly dry. Pipe five rosettes of cream cheese on border or edge of pineapple and one in the center of peach. Garnish between rosettes with a strip of green pepper and the center with a maraschino cherry cut in the shape of a flower. French dressing.

Cream cheese should be thinned down with raw cream to the proper consistency.

Alaskan I

Ripe olives, sweet pickles, spiced cantaloupe, pecans

Chop one-fourth cup each of ripe olives, sweet pickles, spiced cantaloupe and pecans. Add one third teaspoon of salt and mix with one cup of mayonnaise and one-half cup of whipped cream. Mould and freeze at least three hours. Turn out on leaves of lettuce, or slice and serve on bed of lettuce. French dressing.

This is an exceptionally fine flavored salad.

Alaskan II

Spiced figs, orange peel, spiced cantaloupe, sweet pickles, blanched almonds

Dice one-third cup of each of figs, spiced cantaloupe, pickles and almonds. Add two tablespoons of diced orange peel (candied) and mix with one cup of mayonnaise and one of whipped cream. Cream should be extra heavy. Mould and freeze at least three hours. Slice and serve on bed of lettuce or turn out on leaves of lettuce. French dressing.

SUGAR PLUM

Pear, lettuce, orange grapefruit, cream cheese, angelica, cress, bar le duc, strawberries

SUZETTE II

Lettuce, cream cheese, pineapple, bar le duc, strawberries, green pepper.

Arabian

Dates, pistachio nuts, Swiss cheese, romaine, orange, red pepper, cress

Chop black dates and mould into lugs. Roll in French dressing and then in chopped pistachio nuts and grated Swiss cheese. Place four lugs on a slice of romaine in a row alternately with sections of King tangerines or oranges. Criss-cross top with julienned strips of red peppers. Garnish sides of dates with rosettes of cress. French dressing.

Avalove

Romaine, oranges, avocado, cream cheese, tomato, green and red peppers

On a thin slice of romaine, place a slice of peeled avocado (alligator pear), the slice to be cut straight through the pear. Place a slice of tomato in center of pear and cut tomato so that it fits snugly in hole where seed of pear has been removed. This can be done by selecting small, ripe tomatoes and using the first side cuts which are rounded. On top of tomato arrange sections of golden oranges, tangerines or persimmons in wheel shape. Sections should not extend beyond edge of tomato. Place a rosette of cream cheese in center of wheel and make a small flower out of green and red peppers to garnish top of rosette. French dressing. This is an unusually attractive, appetizing salad. Slice of pear should be cut from top to bottom.

Avocado II

Avocado, lettuce, lemon

Cut a ripe avocado in two, remove the seed and the inner dark skin next to the seed. Place the half avocado in a nest of lettuce and serve. French dressing or lemon juice on the side. The avocado served au naturel and seasoned with a little salt, lemon juice, or French dressing, then scooped out with a spoon and eaten, is the epicurean way of serving and eating this delicious fruit.

Bacchus

Brandied fruit, sweet pickles, rubyettes, mayonnaise, whipped cream, romaine

Chop fine and drain well one No. 2 can of assorted brandied fruit; mix with one-half cup of chopped sweet pickle rings. Add fruit and pickles to one cup of drained rubyettes, one cup mayonnaise and one cup of stiff whipped cream. Mix all together well and freeze in glass molds for three hours. Slice and serve on slice of romaine or leaves of lettuce. Lorenzo dressing.

This salad will please whenever served and is one that will always be in demand.

AUTHOR'S NOTE: Bacchus, the son of Ammon, was born in Egypt. He was the first to teach his countrymen the art of cultivating the vine and of making wine. The Scythians refused to worship a divinity such as Bacchus who caused the faithful to become intoxicated.

Bishop I

Chicory, tomato, carrots, cabbage, pineapple, cottage, cheese, chives, lettuce

Cut up two well bleached heads of chicory in fine pieces; wash well and drain dry. Cut up in dice four good sized, ripe, peeled tomatoes and discard all seeds and juice, using only connective tissue. Grind one cup of raw cabbage and the same amount of raw carrots and pineapple. Mix chicory, tomatoes, carrots, pineapple and cabbage together, add one tablespoon of chopped chives and one-half pound of cottage cheese. Mix thoroughly and place a good sized mound of mixture on a slice of peeled tomato underlined with leaves of lettuce. Thousand Island or Lorenzo dressing. Mixture on top of tomato to be flattened out and criss-crossed artistically with prongs of a fork.

Bishop II

Green peppers, carrots, chicory, pineapple, cottage cheese, tomato, lettuce, chives

Mix equal parts of finely chopped green peppers, raw carrots, chicory, pineapple, and drain off surplus moisture. Add as much cottage cheese as the above ingredients combined and enough Thousand Island dressing to bind all together, but do not make it of a running consistency. Arrange mixture on a thick slice of peeled ripe tomato, placed on leaves of lettuce. With prongs of fork criss-cross top and sprinkle with chopped chives. Serve with French dressing.

If a bowl is rubbed with garlic and mixture allowed to stand in it for at least twenty-five minutes a very unusual flavor is developed. This is an unusual salad and one that will always please.

Black and Gold

Endive, pineapple, dates, oranges, strawberries

On a bed of endive, place a slice of pineapple. Garnish pineapple with five small black dates stuffed with a small piece of a section of orange, tangerine or grapefruit. Between dates, garnish with halved ripe strawberries, and in center place a large, ripe berry. French dressing. Dates to form spokes of wheel round side up on top of pineapple.

Borage

Borage, cucumbers, tomatoes, lettuce

Chop the young leaves and tendrils or shoots and mix with thinly sliced cucumbers and sliced tomatoes. Place on bed of lettuce.

Tavernier tells us, that in the Levant, if a child cried for something to eat, they give it a raw cucumber instead of bread.

Bouquet

See Flower Pot

Cabbage IV

Cabbage, butter, mustard, sugar, salt, egg yolks, aromatic vinegar, chives, bacon grease

Shred a small head of cabbage very fine and pour over it one-half of a cup of boiling aromatic vinegar, to which has been added three tablespoons of bacon grease, and allow to cool. Then add sauce. Mix well.

Heat one-half pint whipping cream and one-fourth cup of butter to boiling point and add four hard boiled egg yolks which have been rubbed thru a fine sieve, one teasponful of salt, two tablespoons of sugar, and two tablespoons of mixed mustard, stirring in gradually, making a thick sauce.

Cardinal III

Beets, *carrots, red cabbage, cottage cheese, tomato, lettuce, chives*

Mix together equal parts of finely chopped or ground red beets, cooked, raw carrots, raw red cabbage (all well drained) and cottage cheese. Add enough thick Thousand Island dressing to bind. Arrange a thick slice of peeled ripe tomato on a bed of lettuce and cover top of tomato with the mixture, which should be the same thickness as the tomato. Criss-cross top with marks of the prongs of a fork for effect. Sprinkle with a few chopped chives and serve French dressing on the side. This is an extremely tasty salad; and should be served much like the Doctor or Bishop salads.

Celery Leaves and Cress

Celery leaves, cress, lettuce

Mix together equal amounts of bleached celery leaves and cress. Serve on bed of lettuce. French dressing.

Cherry

See Frozen Cherry

Chinese III

Lettuce, tomato, bean sprouts, green peppers, beets, cress

On leaves of lettuce place a slice of red, ripe tomato, peeled. On it arrange a mixture of equal quantities of Fuji bean sprouts, julienned green peppers and red beets. Garnish side of tomato with cress. In placing mixture on tomato mound it up and have ingredients well mixed. Thousand Island or French dressing.

The Chinese Fuji bean sprouts can be obtained at any wholesale grocery and in Chinese stores. The sprouts mixed with cucumbers, celery and small radishes, all cut in julienne, make an appetizing combination. Julienned Fuji Chop Suey vegetables, mixed with julienned lettuce and celery and with a Thousand Island dressing poured over, make an ideal Chinese salad. These combinations are something new in the realm of salads.

Christmas

Lettuce, jello, cream cheese, cress, pineapple, rubyettes

On a bed of lettuce, place a slice of pineapple. Sprinkle red and green chopped jello over top of pineapple. (Green River and strawberry coloring.) Pipe a rosette of cream cheese in center of pineapple and place a little bunch of cress in cheese to represent Christmas tree. Just before serving arrange one or two rubyettes in top of cress and sprinkle powdered sugar over. Serve at once. This is a very attractive and decorative salad to be used any time during holiday week. Do not put cress in cheese until ready to serve. French dressing.

Cole Slaw II

Cole slaw, pineapple, lettuce

Mix a cole slaw (page 8) with one-fourth the amount of finely shredded pineapple. Serve on bed of lettuce.

Julienned raw artichoke tubers added to slaw and pineapple makes an ideal combination.

Congealed Fruit

Raisins, dates, rubyettes, orange juice, cherry jello, lettuce, mayonnaise

Dissolve one-half package of jello in one-half cup of boiling water, then add one-fourth cup of orange juice. Chop fine eight black dates, one-third cup of seedless raisins and a like amount of rubyettes. Mix jello and fruit together and add two tablespoons of mayonnaise. Place in moulds and set in ice box. When cold turn out on leaves of lettuce. French dressing.

Crab

Lettuce, crab-flakes, cress, dandelions

On a bed of lettuce place equal quantities of crab-flakes, cress and short sprigs of young dandelions, mixed with a curried mayonnaise. Garnish with crab claws, lobster claws or feelers.

Creole Gaspacho

Toast, tomatoes, cucumbers, onions

Place half soft biscuit or slice of toasted bread in the bottom of a salad bowl; place on top a layer of sliced and peeled ripe tomatoes, then a layer of sliced cucumbers. Sprinkle with salt, pepper and finely chopped onions. Continue this arrangement until bowl is filled. Pour over this mass two tablespoons each of vinegar, oil, water and juice of tomatoes well blended, then add a pinch of the inevitable cayenne and you have a Creole Gaspacho salad. Eat with a spoon.

Cress and Celery Leaves

See Celery Leaves and Cress

Crinoline

Lettuce, apple, pear, tangerines, cream cheese, pineapple, almonds, green and red peppers, strawberries

On leaves of lettuce made into a nest, place a thin slice of peeled eating apple, and on top of apple a thick slice of raw

pear. Cores should be taken out with an inch column cutter and center filled with a mixture of chopped almonds and pineapple. On top of pear place eight sections of tangerine in wheel shape and pipe four rosettes of cheese around base of fruit. Decorate these four rosettes with a section of tangerine, placing tangerine so that it drapes the rosette and hugs close to base of fruit. Make a flower of fancifully cut red and green peppers and decorate peaks of rosettes of cheese. Place a large, red ripe strawberry in center and surround it with slices in wheel shape. French dressing. This is an extremely beautiful and tasty salad. (See illustration opposite page No. 42.)

Cucumber Boat

Cucumbers, cabbage, beets, carrots, lettuce

Select medium sized cucumbers about six inches long, cut in half and peel. Hollow out seeds carefully and trim cucumber boat-shape, leaving only an eighth of an inch shell. Place shells in cold, salted water for twenty-five minutes, then wipe dry. Place a little stiff mayonnaise in bottom of shell and then fill with finely ground cabbage, chopped red beets and baby carrots mixed separately with enough mayonnaise to bind. Cabbage should occupy one-third of the space at one end, beets in the center and baby carrots the other third at the opposite end. French dressing on the side. Serve on leaves of lettuce. This is a real beautiful salad and if used at a bon voyage party will bring forth considerable praise.

Diabetic IV

Lettuce, peppers, cream cheese, artichokes

Follow same recipe as Health Salad using raw tuber artichokes in place of carrots and a mineral oil in place of mayonnaise. Tuberous foods are almost always of a starchy nature but the artichoke tuber contains no starch and is ideal for the diabetic. Peeled and eaten raw like celery it becomes a real health item. It stimulates the gastric juices, helps keep the

gums healthy, produces bulk and contains valuable mineral matter. It equals celery in every respect and has a nutty flavor. It should have a place on every American menu.

Flower Pot Bouquet

Orange, grapefruit, lettuce, cream cheese, green pepper, alligator pear, ripe olives, rubyettes

Split two sections of orange and one of grapefruit almost in half, just so the two pieces hold together. In the orange place a small cut section of grapefruit and in the grapefruit place a small section of orange. Place these three items or flowers on a slice of romaine at opposite end from stem end. The three flowers should be placed close together to form a bouquet. Pipe a little rosette of cream cheese at base of flowers, cut diamond shaped leaves of green pepper to form sepals, extend three stems from flowers made of julienned strips of green pepper about two and one-half inches, and at end of stems pipe another rosette of cheese to hold stems in place. Over this rosette place an inch and one-quarter square cut from an alligator pear, with the green side up. Nick the pear, which represents the pot, three times from top to bottom equidistant apart, with a sharp knife and insert a thin strip of ripe olive, black side out. Cover cheese with chopped ripe olives to represent dirt in the pot. Garnish the lines of flowers with rubyettes to give color and life. If this salad is attempted at all try it on a small party and arrange it the last thing. Cut the alligator pear last and round the piece used for pot so it has the appearance of a pot. The grapefruit and orange sections should be small and the oranges of the brightest color. A giant tangerine is a beautiful item to use. If the pot cannot be made, arrange four flowers, tie them with a strip of pimento forming a bow, then dot center of bow with a rubyette. Rubyettes may be cut into thin strips and set into the lines between sections of orange and grapefruit. Place a whole rubyette at top of flower and stick two or three short julienned strips of green pepper in pot to represent shoots just coming up.

AUTHOR'S NOTE: This salad was first served as an appetizer at a luncheon November 28, 1927, given by Mrs. Wm. M. Dewey at the Edgewater Beach Hotel and caused a great deal of favorable comment. It is one of the most artistic in the whole category of salads, a real joy and an inspiration to all who love things beautiful. This salad cannot be made by a plodder.

A salad such as the boquet if made right is so beautiful that it should be served at the starting of a luncheon or dinner, or as a course after the roast, to bring out its true artistic value.

Freres Jumeau (Twins)

Lettuce, endive, tomato, Mexican slaw, green peppers, pimentos, cream cheese

On a bed of lettuce place several leaves of endive equidistant apart. On endive place one small red ripe tomato cut in half and hollowed out. Fill tomato with Mexican slaw and garnish tops with julienned strips of green peppers and pimentoes. Top with a rosette of cream cheese, as in picture. French dressing. (See illustration opposite page No. 234.)

Frosh

Lettuce, tomato, chicken salad, slaw, bacon

On leaves of lettuce, place a thick slice of peeled ripe tomato and cover the top with a little chicken salad; around the tomato bank a thin border of finely cut Mexican slaw. Cut a strip of broiled bacon in thin julienned strips and criss-cross over the top of chicken salad. This makes a real collegian dish, a well balanced luncheon and worthy of trial of all catering to the student trade. Serve a little Thousand Island dressing on the side.

Frozen I

Bacon, turkey, cottage cheese, celery, whipped cream, mayonnaise, lettuce

Cut in small dice one-fourth cup broiled bacon, one-fourth cup white meat turkey, one-fourth cup celery and mix into

one-half cup cottage cheese. Add one-half cup whipped cream and then one-half cup mayonnaise. Mix all together well and freeze in small moulds. Turn out on bed of lettuce and serve. French dressing.

Frozen salads may be moulded in small or large baking powder cans and frozen, then cut in slices; or frozen in individual moulds and turned out on bed of lettuce.

Frozen II

Fish flakes, turkey, mayonnaise, whipped cream, lettuce

Mix one-half cup of white of meat turkey, one-half cup boiled flaked fish, with one-half cup mayonnaise and one-half cup whipped cream. Season with salt and paprika to taste. Place in four moulds and freeze for three hours. Turn out on leaves of lettuce. French dressing.

Diced ham may be substituted for turkey.

Frozen III

Cottage cheese, Thousand Island dressing, turkey, ox-tongue, olives, whipped cream, lettuce

Dice one-fourth cup cold white meat turkey, one-fourth cup cold boiled ox-tongue, six ripe olives and mix into one-third cup cottage cheese. Add one-fourth cup Thousand Island dressing, then one-fourth cup of whipped cream. Mix all thoroughly, then freeze in small moulds. Turn out on bed of lettuce and serve with French dressing.

The above ingredients mixed and served in a hollowed out tomato, without freezing, make an ideal salad.

Frozen IV

Turkey, tongue, ham, sweet pickles, whipped cream, mayonnaise

Mix one-third of a cup of finely diced white meat of turkey, one-third of a cup of finely diced tongue, one-third of a cup of finely diced ham, one-third of a cup of finely diced sweet

pickles with one cup of whipped cream and one cup of mayonnaise. Season with salt and pepper. Freeze in moulds for three hours. Turn out on nest of lettuce. French dressing.

Frozen V

Pecans, pineapple, lemon juice, cream cheese, mayonnaise

Mix one-third of a cup of chopped pecans, one-third of a cup of chopped pineapple, two tablespoons of lemon juice, one-fifth of a teaspoon of salt, with one-third of a cup of cream cheese and one-third of a cup of mayonnaise. Freeze in moulds three hours. Turn out on nest of lettuce. French dressing.

Frozen VI

Spiced cantaloupe, black dates, rubyettes, raisins, almonds, mayonnaise, whipped cream

Mix one-third cup each of chopped spiced cantaloupe, rubyettes, black dates, Thompson seedless raisins and one-fourth cup of chopped almonds. Add one cup of mayonnaise and one-half cup of whipped cream; mix thoroughly and place in small moulds. Freeze for three hours and turn out on leaves of lettuce. French dressing.

After salad is turned out of mould it can be sliced and placed on bed of lettuce or used as a frozen salad sandwich filling.

Frozen Alaskan

See Alaskan

Frozen Cherry

Cherries, spiced cantaloupe, pineapple, pistachio nuts, cream cheese, whipped cream, mayonnaise

Mix two tablespoons of cream cheese, one-half a cup of whipped cream and one-half cup of mayonnaise together, then add: one-half cup of Queen Ann cherries, one-fourth of a cup spiced cantaloupe, one-fourth of a cup of pineapple (canned),

two tablespoons chopped pistachio nuts. Freeze in individual moulds for three hours. Underline with lettuce on salad plates, and garnish with fresh ripe cherries. French dressing.

Frozen Fruit III (with Butter-Mayonnaise)

Figs, cantaloupe, sweet pickle, cherries, almonds, butter, whipped cream, mayonnaise, lettuce, French dressing

Cream two ounces of butter and whip in one-half cup of mayonnaise. Add one small sweet pickle, chopped, one ounce chopped maraschino cherries, one ounce chopped blanched almonds, two chopped preserved figs, two ounces of chopped spiced cantaloupe; then mix in thoroughly whipped cream. Freeze in small moulds for three hours. Turn out on bed of lettuce and serve on ice cold plates. Serve French dressing on the side. This is a real treat.

Frozen Lady Calory

See Lady Calory

Frozen Queen Ann

See Queen Ann

Frozen Spiced

Spiced cantaloupe, spiced apples, spiced pineapple, sweet pickles, celery, lettuce, mayonnaise, whipped cream

Mix one-half cup each of chopped spiced cantaloupe, chopped spiced apples, chopped spiced pineapple, chopped sweet pickles and chopped celery with one cup of mayonnaise and one cup of whipped cream. Set in individual moulds and freeze for three hours. Turn out on bed of lettuce. Serve French dressing on the side.

An excellent addition to the salad world. To be eaten with roast goose, pork, etc.

This salad can be moulded and then sliced, and either used as a salad or garnish to a sandwich.

Frozen Supreme

Malaga grapes, chicken, rubyettes, pickles, mayonnaise, whipped cream, endive.

Drain one cup of peeled and seeded malaga grapes and mix with one cup of diced white meat chicken, one-half cup drained rubyettes, one-half cup diced sweet pickles, one cup mayonnaise and one cup whipped cream. Freeze three hours in glass moulds, then slice. Place three slices on bed of endive or thin slice of romaine and serve. French dressing.

Chicken may be omitted and one-half cup cream cheese added.

Fruit Ball

Lettuce, cream cheese, oranges, grapefruit, strawberry, green pepper, tangerine, bar le duc

Cut one whole head of Boston or Iceberg lettuce across the bottom (near root end) and pull out a hollow basket of leaves. Two or three small baskets may be made out of the one head. Place the basket on a plate and press bottom flat. Make two rosettes of cheese at sides of lettuce to hold it in place and one in the bottom of basket. Arrange a ball of fruit in center of basket composed of alternate sections of orange and grapefruit, seven or eight in number. Make a little rosette of cheese on top of fruit to hold the sections in place. Decorate the top rosette with a flower made out of strawberry and fancy petals cut from green pepper. Over the two side rosettes make a half-round ball with three small sections of highly colored tangerine. Pour a little bar le duc over the top of center ball just before serving. With a little care this salad can be turned into a real masterpiece. It should be used at a small banquet where the price is at least five dollars per cover and should be served as a separate course with a few toasted butter wafers.

Fruit Congealed

See Congealed Fruit

Fruit, Frozen (with Butter Mayonnaise)

See Frozen Fruit III

Fuerst

King Siam tangerines, bananas, artichoke tubers, green peppers, strawberries, lettuce

On leaves of lettuce in a wheel-like shape, place eight sections of tangerines, without the connective tissue. Then place in center a small mound of diced bananas and artichoke tubers mixed with mayonnaise. Top mound with a strawberry and between each section of tangerine place a julienned strip of green pepper. This is a very tasty, fanciful combination. It is pleasing to the eye and is also a real health item.

Gaspacho

See Creole Gaspacho

Greenbacks—Goldbacks

Romaine, cream cheese, jello

On leaves of romaine, cut in oblongs like our paper money, pipe dollar signs or Roman numerals with thinned down cream cheese or real heavy mayonnaise. A thin coating of chopped golden jello over the leaves of romaine brings out the goldback idea. The dollar sign with the Roman numeral "ten" or the numeral 17 should be piped on top of finely chopped jello. French dressing.

This is a novelty salad, suitable for St. Patrick's night.

Herb and Root

Lettuce, cress, dandelions, artichoke tubers

On a bed of lettuce place sprigs of cress, dandelions, and thinly sliced raw artichoke tubers. French dressing.

Hollywood

Lettuce, figs, cream cheese, burr pickles, rubyettes

In center of a base of lettuce place a light syruped fig stuffed with cream cheese. Around the center fig place six slices of burr pickles and on these place a slice of fig which has been previously stuffed with cream cheese. Decorate center fig as well as slices with rosette of cream cheese and top off rosette with a rubyette. French dressing.

Figs can be stuffed by placing a pastry bag tube in stem end of fig and forcing cheese thru opening. Fill fig well with cheese.

Indian

Mexican slaw, curry powder, tomatoes, lettuce, cress

On leaves of lettuce or romaine place a mound of Mexican slaw, flavored with curry powder. Cut two slices of peeled, ripe tomato in half and place at the four sides of slaw. Garnish top of slaw with a rosette of cress. This is a very tasty combination.

Finely shredded cabbage mixed with Thousand Island dressing, a little curry powder and French dressing makes a real salad.

Inn

"Whoe'er has travelled life's dull round,
Where'er his stages may have been,
May sigh to think he still has found
The warmest welcome at an inn."

—SHENSTONE.

Tomato, lettuce, bacon, sardines, cress

On a bed of lettuce, place a small red ripe peeled tomato thoroughly chilled and hollowed out. Fill tomato with equal quantities of chopped broiled bacon, diced sardines and connective tissue of tomato. Serve on bed of lettuce and garnish top of tomato with rosette of cress. French dressing.

AUTHOR'S NOTE: Many salads, like many sandwiches,

remind the salad maker of the story of that pious old couple who had taken an old tavern wherein they had hoped to end their days and who had determined not to use the common worldly sign to represent their inn, such as the Crown, Red Bull, Blue Bear and the like. After much thought, their choice was made up and the Angel and Trumpet was chosen as their title for a most uncommon sign board. The village painter was summoned and the case solemnly opened to him. Landlord: "Well, John, me and my missus have been thinking about a sign and we hear as you're up to painting almost anythink."

Sign (wagon) Painter (with professional pride): "Yess, Mister, I can do you pretty well what you like; a Red Lion and so as that—"

Landlord: "No, John, that ain't quite what we wants. Me and my missus has been thinking as we'd like to have the Angel and Trumpet. Now can you do it?"

Sign Painter (doubtfully): "Well, Mister, I can do un, but you'd better by half have the Red Lion; it's a dell a thirstier sign."

Landlord (with decision): "No, John, we must have the Angel and Trumpet, so if you can't do un, say so and we must get some un as can."

Sign Painter (driven to bay): "All right, I'll paint the Angel and Trumpet, but (aside) I specs it'll be a good dell like the Red Lion," and so with many sandwiches and salads, they will resemble one another somewhat no matter what the name.

Irene Bordoni

Pineapple, alligator pear, orange, cream cheese, lettuce

On a bed of lettuce place a slice of pineapple, and on top of pineapple place six sections of pear in fan shape. Pipe a cream cheese rosette in center and arrange three or four small sections of orange in an upright position. Serve French dressing to

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SWEETHEART II

Lettuce, pear, cream cheese, strawberries, green pepper, rubyettes, cress

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TOM CORYATE SALAD

Lettuce, tomato, hard boiled eggs, pineapple, Cheddar cheese, celery, red and green peppers, anchovies

which has been added a little currant jelly.—*R. J. Kief, steward Statler Hotel, Buffalo, N. Y.*

By cutting the orange section in half crosswise, and inserting the cut end into cheese, forming a sort of a conical dome, the sections will stand in upright position.

Jerusalem Artichoke

Chicory, Jerusalem artichokes, potatoes, herbs

On a bed of chicory place equal amounts of diced boiled artichokes and potatoes mixed with a creamy mayonnaise. Sprinkle with chopped herbs.

Johanna

Kidney beans, celery, red and green peppers, olives, cauliflower, onions, sweet and mustard pickles, lettuce, pimentoes

Put through a food chopper one head celery, one green and one red sweet pepper, one-half pint green olives (stoned) two good sized onions, one pint sweet pickles, one pint mustard pickles. Boil one small head of cauliflower under-done and allow to cool. Add one No. 2 can of red kidney beans. Mix all the above ingredients together and season with salt and pepper to taste. Add one-half cup each of sugar and vinegar. Serve on lettuce leaves with pimentoes and mayonnaise.—*Mrs. J. Vehling.*

Kahler

Lettuce, pineapple, orange, grapefruit, whipped cream, cherry

On leaves of lettuce, place a slice of pineapple. Garnish top of pineapple with two sections of grapefruit and one of orange; the orange section to be placed in center rounding the three sections out. Pipe a rosette of whipped cream on top center of orange and place a maraschino cherry on top of cream. French dressing.—*F. D. Martin, assistant manager, Kahler Hotel, Rochester, Minn.*

King Bean and Queen Pea

Beans, romaine, cream cheese, pimentoes, peas, mint

On a bed of romaine, place one dozen Longfellow or green deluxe beans, the beans to be placed parallel with the romaine. Pipe two lines of cream cheese horizontally one-half inch apart in center over the beans, making two bands. Strip the cheese with bands of pimento and fill the center between strips with newly cooked green peas. Sprinkle peas with chopped mint. French dressing.

AUTHOR'S NOTE: The twelfth day after Christmas was celebrated in the early times in honor of the Three Kings, as the Wise Men were called, who came out of the East to worship the Messiah. One of the chief ceremonies connected with the day was the selection of the King and Queen of the Bean. A large cake—the twelfth cake, had been previously made, in which a bean and a pea were inserted, the cake was cut up and distributed by lot among the company, and whoever got the piece which contained the bean was crowned King of the Bean, while the pea conferred the distinction of Queen upon its happy recipient. A white bean can also be buried in a salad; also a yellow pea and the recipient crowned as King and Queen of the party as in the days of old. The only distinction to be made is in seeing that the salads before placed on the table are garnished a little differently so that two of the same sex do not get both the bean and pea. This salad makes a real novelty item.

Kumquat

Romaine, pineapple, kumquats, green peppers, rubyettes, cream cheese

On a slice of romaine place two halves of a large slice of pineapple; the pineapple to be placed on romaine slightly overlapping, with the two cut sides pointing one way. Garnish the two half slices with thin slices of kumquats and the center of kumquat slices with a tiny rosette of cream cheese, topped

with a halved rubyette. Pipe a rosette of cheese in the halved center holes of the pineapple and stick several two-inch strips of green pepper in each rosette (in an upright position) making a little green pom pom.

Lady Calory (Frozen)

Pineapple, cherries, cantaloupe, sweet pickles, butter, mayonnaise, whipped cream, lettuce

Chop fine one-fifth cup each of canned pineapple, Queen Ann cherries, spiced cantaloupe and spiced sweet pickles. Cream one-fourth cup of sweet butter and whip in one-half cup of mayonnaise and one-fourth cup of whipped cream. Add fruit to dressing and place in moulds. Freeze three hours. This is a real tasty frozen item. Slice and serve on bed of lettuce.

Love Flower

Lettuce, tomato, hard-boiled egg, cream cheese, red and green peppers

On a bed of lettuce place a thick slice of a large, ripe, peeled tomato. On top of tomato arrange the white of egg cut in fine strips in petal fashion. Pipe a rosette of cream cheese in center to hold petals together and place a slice of yolk on top of cheese. Sprinkle yolk with chopped red and green peppers and garnish between the white petals with short strips of green peppers. French dressing.

Marrow Bean

Kidney or marrow beans (large), onion, carrot, bacon, cucumbers, chives, lettuce, French dressing

Soak, then boil one pint of red kidney beans with an onion, one carrot, one teaspoon of salt and three ounces of bacon. Allow to cool, then marinate beans in French dressing for three hours, having removed the bacon, onion and carrot. Now add to the beans two tablespoons of chopped chives and one cup of squeezed and chopped raw cucumber. Arrange bean mixture

in a nest of lettuce and serve on cold plates. This is an excellent luncheon salad.

Chopped onions may be used in place of chives; and raw, chopped apples in place of cucumbers. Bacon may be cut into dice and browned, then added to the salad if desired. This salad served on a slice of tomato, underlined with lettuce and masked with a Lorenzo dressing is an ideal combination and will please whenever served. Do not serve meat with a salad of this kind, as it makes an ample luncheon when served with just a glass of milk and a crust of bread.

Marshmallow

See Toasted Marshmallow

Mary Garden

Green peppers, celery, apples, salmon, anchovies, lettuce

Mix one-fourth cup each of finely julienned peppers, celery and apples with a cup of flaked salmon. Bind all with a mayonnaise and serve on bed of lettuce. Garnish with thin strips of anchovies criss-crossed over top.

Merry Go Down

Lettuce, cress, oranges, jello, strawberries

On leaves of lettuce place a bed of sprigs of green cress. On cress form a wheel of eight sections of golden oranges (without connective tissue) or giant tangerines. Chop a little red jello and make a mound of it in center of orange wheel. Top jello with a red ripe strawberry. French dressing.

AUTHOR'S NOTE: Merry Go Down was the name of a famous, early English beverage. The salad is a fit substitute for this decoction in these Volstead times. The gold and red color of the salad may act as a mute reminder of the luscious beverage quaffed and sung about in the days of long ago.

Mexican Slaw

Cabbage, pimentoes

Add one tablespoon of julienned pimentoes to one cup of cole slaw.

Mrs. Wiggs

Lettuce, slaw, artichoke tubers, cauliflower, broccoli, Brussels sprouts

On a bed of lettuce place a mound of Mexican slaw mixed with an equal amount of finely julienned raw artichoke tubers. Alternately garnish around base of center mound with three small rosettes of boiled white cauliflower and three heads of freshly cooked green Brussels sprouts. Place a green rosette of cooked broccoli in center on top of mound of slaw and around this rosette place a ring of broccoli stems cut in thin rounds. The cauliflower, sprouts and broccoli should be arranged so that stem ends are embedded in the mound of slaw so that just the heads or rosettes show. French dressing. This makes an excellent St. Patrick's salad and a very tasty one, too.

My Lady's Salad Sandwich Luncheon in Four Courses

Lettuce, beet, toasted graham, whole wheat, white and raisin bread, cole slaw, Thousand Island dressing, asparagus tips, Cook's salad, mayonnaise, smoked tongue, radish, pimola, chicken, hard boiled egg, red and green pepper, cream cheese, bar le duc, pimento, ripe and green olives, spiced cucumber

Line a ten-inch silver platter with the inner leaves of lettuce and place in the center a hollowed out small red beet (baked and cold), filled with cole slaw. At the four sides of the beet, in the shape of a cross, place slices of toasted bread, four pieces in all. The bread is sliced ¼ inch thick and 3 by 1½ inches. The first piece of toast is of graham bread and is spread with Thousand Island dressing. Split an asparagus tip in two and place a half on each side of the toast; fill the center with

finely chopped Cook's salad and mask with Thousand Island dressing. The second piece is made of whole wheat bread and is spread with mayonnaise dressing. On this place a slice of smoked tongue, cut to shape, and garnish with a lillied radish and two slices of pimola. The third piece of toast is made of white bread, spread with butter and topped with the white meat of chicken trimmed to shape. Garnish chicken with a slice of hard boiled egg decorated with red and green peppers. The fourth slice is made of raisin bread, toasted. Pipe the edges with thinned down cream cheese, and fill the center with bar le duc.

Garnish the top of the beet with a pimento. Place a ripe olive, a green olive, a lillied radish, and three slices of spiced cucumber at intersections of toast. The toasted slices can be picked up with the fingers and should be made dainty and not overloaded.

AUTHOR'S NOTE: This sandwich is highly ornate, exquisitely beautiful and as a Tea Room item it is in a class by itself. It takes time and cannot be made by a clumsy fingered or obese thumbed pantry girl—so! The appetizer, or first course is the first piece of toast, and is really tasty and appetizing; the entree or tongue concoction is second. The roast or the chicken sandwich is third and should be eaten with the beet salad center. Last, but not least, the dessert of cream cheese and bar le duc, which completes My Lady's Salad Sandwich Luncheon in Four Courses. (See Frontispiece illustration.)

Newberry

Persimmons, cream cheese, raspberries, pickled mangoes, lettuce

Peel a ripe persimmon and cut in the shape of a poinsettia (see Poinsettia salad). Pipe a rosette of cream cheese between each petal and decorate rosette with a raspberry or a rubyette. Sprinkle top of persimmon with chopped pickled mangoes. Serve on a bed of lettuce. French dressing. An excellent salad.

Oh My

"My Salad Days When I Was Green in Judgment"

Ripe olives, garlic, olive oil, tomatoes, artichoke tubers, cucumbers, carrots, lettuce, cress

Marinate for two hours, in enough olive oil to cover, eighteen ripe, giant olives and two crushed cloves of garlic. Chop olives and mix with an equal amount of chopped connective tissue of tomato, chopped artichoke tubers (raw), squeezed cucumbers and chopped raw carrots. Fold in enough Thousand Island dressing to bind and season. Place mixture in small, ripe, hollowed out tomatoes and serve on bed of lettuce. Garnish with cress. French dressing.

AUTHOR'S NOTE: This salad was named "Oh My" because a guest on trying it for the first time will invariably exclaim "Oh, My!" The garlic flavor predominates and permeates the entire salad. Ripe olives, after they are marinated in oil and essence of garlic, make an ideal hors d' oeuvre.

Orange

From an early Cook Book

"This somewhat inappropriately named dish is made by cutting oranges into quarters, removing the rind with a fruit knife and adding equal quantities of brandy and Madeira in proportion to the quantity of fruit thus dressed, strewing a liberal allowance of powdered sugar over the dish."

This orange salad reminds one of the colored man who said, "If he had some bread he would make a ham sandwich if he had the ham." Many people would be pleased to make a salad cocktail, "if they had the brandy they'd make the cocktail, if they had the Madeira." It sounds good and as an appetizer it would make a hit. It's a yellowish delight. Serve, if you have the ingredients, in a tall, sparkling stem supreme glass thoroughly chilled.

Ordo Foliatorum

Lettuce, dandelions, sorrel, chives, cress

On a bed of leaves of lettuce place short sprigs of young dandelions and cress; sprinkle with chopped chives and young sorrel leaves. Season with salt.

AUTHOR'S NOTE: An early order of Nuns subsisted upon salads of this nature. The sorrel being sour acted as a vinegar; the cress being a pepper grass was used for its heating qualities as pepper, and the salt needed for the seasoning was taken from the neighboring hills and sea. John Evelyn says of Sorrel: "It is by nature cold, acid and assertive, assuages heat and cools the liver, strengthens the heart, is antiscrobutic, resists putrefaction and imparts quickness to rest. It supplies the want of oranges and lemons and other Omphasia, and, therefore, never to be excluded from Sallets." Of the Ordo Foliatorum Feuillantines, he says: "Tis true indeed that the Ordo Foliatorum Feuillantines (a late order of ascetic nuns) amongst other mortifications, made trial upon leaves of plants alone to which they would confine themselves."

Oyster-plant I

Oyster-plant, cod, string beans, hard-boiled eggs, lettuce

Cook oyster-plant with a piece of salt cod or haddock. (Wrap fish in a piece of muslin when boiling.) Dice or slice oyster plant when cold and mix with an equal amount of cold, cooked string beans. Bind together with mayonnaise. Serve on bed of lettuce and garnish with quartered hard-boiled eggs. Mayonnaise may be omitted and French dressing used instead.

Oyster-plant II

Oyster-plant, codfish, onion, red beets, lettuce

Boil oyster-plant with a small piece of salt codfish and one onion. Allow to cool and cut in thin slices. Arrange slices of oyster-plant and small red beets alternately on bed of lettuce.

French dressing. Beets may be omitted, if desired. Three ounces of salt cod to three pounds of oyster-plant is quite sufficient.

Panama II

Lettuce, pineapple, cream cheese, grapefruit, orange

On a base of lettuce place a slice of fresh or canned pineapple, cover pineapple with cream cheese, then place another slice of pineapple on top of cheese and garnish top slice with grapefruit and orange sections as in Panama No. I, on page No. 145.

Pannier

Tomato, carrots, cauliflower, green peas, cress, lettuce

Cut a small whole ripe tomato in shape of a basket and fill it with canned baby carrots, whole; small rosettes of cauliflower and a few green peas. Garnish with cress and serve on a bed of lettuce. French dressing.

These carrots come in a No. 2 can and run about one hundred to the can; the small rosettes of cauliflower should be perfectly white, two or three in number, and the carrots about eight, standing on ends. This little basket can be made a work of art. It is highly artistic if handled right and a real tasty item. This salad served with only carrots with a little cress stuck in among them is highly artistic. Use only very red tomatoes.

Pannier is French for basket. The salad represents a small market basket filled with vegetables.

Paysane

Lettuce, carrots, parsnips, chives

On a bed of lettuce place equal quantities of sliced, boiled and fried carrots and parsnips (cold). Sprinkle with chopped chives. Serve with French dressing. This is an excellent and economical salad, and the flavor is exquisite.

Carrots and parsnips should be boiled or baked whole, then

browned and after they are cold, sliced. Arrange either in ring or rows alternately on bed of lettuce.

AUTHOR'S NOTE: In one of the very early books on cookery I find: "Parsnips are generally used with salt fish in Lent. A pleasant beverage is made from parsnips and hops and is used in the North part of Ireland. In Scotland potatoes and parsnips are mashed together, making a delectable dish and one which children are fond of." Parsnips contain considerable sugar which is partly dissolved and lost in the boiling.

Pennell

Peas, carrots, beans, cauliflower, red and green peppers, tomato, lettuce

Mix one-half cup each of raw young green peas, whole baby carrots, tiny green string beans (cooked and uncut), small rosettes of white, freshly boiled cauliflower, and one-third cup of red and green peppers. Marinate the above in a French dressing base No. 5, then drain and arrange mixture in half hollowed out, peeled tomato. Serve in nest of lettuce. Lorenzo dressing on the side.

AUTHOR'S NOTE: As E. P. borrows from Gautier saying when the thing you want is written out why go to the bother or pains of writing a new comment for yourself, hence the quotation: "Peas and carrots, potatoes and tomatoes, beans and cauliflower meet in a new purpose, when peppers red and ardent wandering hither and thither in their midst, waging war upon insipidity, destroy as if by fire the tame and commonplace."

Pennsylvania

Romaine, grapefruit, bananas, cherries, angelique.

On a third of a slice of romaine place three sections of grapefruit. Then place a double row of sliced bananas down the center of grapefruit at right angles and a slice of cherry

on each slice of banana. Arrange a star shaped piece of angelique between rows of sliced banana and in center. French dressing.—*S. M. Allio, chef, Hotel Pennsylvania, New York.*

Pepper

Though hot my name, yet mild my nature
I taste good to every creature.
I'm good in salads, good in stew.
And into both add flavor too.

Green and red sweet peppers, cress, cucumbers, lettuce

Mix equal amounts of chopped green and red sweet peppers (raw) with chopped cress and squeezed salted cucumbers; then add just enough Lorenzo dressing to bind. Serve in nest of lettuce.

Persimmons-Poinsettia

Persimmons, alligator pear, cream cheese, rubyettes, lettuce

Peel and cut a small, ripe persimmon as you would a tomato, poinsettia fashion. (See Poinsettia salad.) Bend petals down to lettuce base and place two thin slices of alligator pear at outer edges of each poinsettia petal so that the round ends of pear meet at ends of petals. Cut opposite ends of slices of pear straight so they fit against center portion of poinsettia. When petals are garnished correctly they show a small portion of golden color in center and the edges are completely covered with the green border of slices of pear. Pipe a small rosette of cream cheese right against center and ends of each petal, where the two slices join, to cover up joints and complete picture. Garnish top of persimmon and rosettes with rubyettes and emeraldettes. French dressing.

Philtron

Lettuce, tomato, boiled leek, ground carrots, cress

On a bed of lettuce place a thick slice of peeled tomato. On tomato place several slices of boiled leek, cut one-half inch thick through the entire stalk. Sprinkle leek with ground,

raw carrots. Garnish with sprigs of cress. French dressing. This makes an excellent salad.

Boil leek in salted water and olive oil, one-fourth oil to three-fourths water, with a slice of lemon and a clove of garlic. Wrap leek in a linen cloth before placing in water.

AUTHOR'S NOTE: The carrots and the leek were used by the ancients as love medicine and were called Philtron. The tomato was previously called the Love Apple. Elizabeth Pennell says "Why was the tomato not the love apple in the Scriptures during Adam's proprietorship? They had the olive and the olive oil, the vine and the vinegar, and then the tragedy in the garden. Many a man has sold his birthright, and Esau, notably, for less than a good tomato salad."

"As in a happy marriage the interest, the temper and the wishes of each must mutually yield to the other in order to produce that harmony which forms the basis of connubial happiness and of social order, so in a good salad the substance, the seasoning and the sauce should all be blended in that exquisite concord which constitutes the foundation of good salad making as well as rational enjoyment."

Poinsettia-Persimmons

See Persimmons-Poinsettia

Potato

Potatoes, lettuce, bacon, chives

Boil one pound of small white potatoes until they are just done, (overdone potatoes will not do). Allow them to partially cool and slice into a bowl. Dice and fry three ounces of bacon until it is a golden brown and pour over the potatoes. Season potatoes with salt and pepper and pour over one-third as much vinegar as you have bacon grease. Toss potatoes and sprinkle with chopped chives. This salad when it is made warm will have a different flavor than with potatoes used cold. In case there is not enough vinegar to suit, add just enough to

flavor to your liking. Some vinegars are exceptionally strong in acid while others are mild and aromatic. A little sugar added as seasoning mellows the acidity of vinegar. Serve on bed of lettuce.

AUTHOR'S NOTE: Early Potato Salad: John Gerrard in 1597 writes about potatoes and their virtues and said that "they are sometimes boiled and sopped in wine, by others boiled with prunes, and likewise others dress them (after roasting them in the ashes) in oil, vinegar and salt, every man according to his own taste. However they be dressed, they comfort, nourish and strengthen the body."

This is one of the first potato salads mentioned in any book.

Queen Ann (Frozen)

Mayonnaise, whipped cream, cherries, pears, cream cheese, lettuce

Mix one-half cup mayonnaise, one-half cup whipped cream, one-half cup Queen Ann cherries (stoned and chopped), one-half cup of pears, chopped (use pears boiled in simple syrup or canned) with one tablespoonful of cream cheese. Freeze three hours. Turn out on a bed of lettuce, garnish with fresh cherries and serve.

Queen Marie

Pineapple, orange, grapefruit, cream cheese, bar le duc, lettuce

On a bed of lettuce place a slice of pineapple and garnish top of pineapple with orange and grape fruit sections, placed alternately. Pipe a nest of cream cheese in center and fill with bar le duc. The orange and grapefruit radiate from center like the spokes of a wheel. The salad, when completed, looks like the insignia of The Legion of Honor. This salad was originated at The Statler Hotel in Buffalo, N.Y., and served at a banquet given in honor of Queen Marie of Roumania.—*R. T. Kief, steward.*

Queen Pea and King Bean

See King Bean and Queen Pea

Quince

Lettuce, quince, chives, celery, cress

On a bed of lettuce place a fine julienne of ripe quinces which have been marinated about two hours in French dressing. Sprinkle with finely chopped chives and celery. Garnish with rosettes of cress. French dressing.

Raga-Raga

Mexican slaw, endive, agar-agar, lettuce, tomato

Mix one-half cup Mexican slaw with one-half cup finely julienned endive and two teaspoons powdered agar-agar (Celui brand). Bind together with Thousand Island dressing. Serve on slice of tomato in nest of lettuce.

This is a real salad for those troubled with poor elimination. By using the same amounts of slaw, julienned artichoke tubers and agar-agar and binding them together with a French dressing made from Celui oil and lemon juice you have an exceptional salad which may be used by the diabetic.

Robbin's

Cabbage, carrots, lettuce

Finely shredded cabbage, mixed with equal amounts of mayonnaise and French dressing and allowed to stand in ice box several hours. Mound on bed of lettuce and sprinkle with freshly ground raw carrots.

Russian Tomato

See Tomato Russian

Rustic

Sorrel, dandelions, lettuce, endive

Take some fresh sorrel leaves, pick off the stalks, bruise the leaves and put them into a plate with their juice, strew on

some pepper and salt, stir all together and add just a little lemon juice, and enough oil to give smoothness. Then add dandelions, lettuce, endive or chicory and you have a real treat. Nature's own, undefiled by hand of man—a real health item.—*London Art of Cookery, 1797.*

Saladeve

Romaine, figs, cherry tomatoes, cream cheese, green pepper, lettuce

On leaves of romaine place four slices of ripe fig, slightly overlapping. Place in center of each slice a slice of red, ripe cherry tomato cut thick. (Use whole tomato, only cut off top and bottom.) Make a thin line of cream cheese in shape of a horseshoe around tomato and curve a thin julienned strip of green pepper around cheese, hugging close to it. This gives a beautiful contrast, green, red and white. Julienne fine some inner leaves of lettuce and garnish two sides of figs. French dressing.

Shallot

Shallots, lettuce

Boil shallots in white wine. Allow to cool and dress on bed of lettuce. French dressing.

Skirrett

Boiled skirretts, beets, chicory, lettuce

Mix equal amounts of boiled skirretts, baked beets and shredded lettuce with enough Thousand Island dressing to bind. Serve in a nest of lettuce. Skirrett is a plant that was formerly popular in Europe; it resembles the oyster plant, but not so regular in shape. The flesh is white and of an unusual flavor. After boiling allow to cool, peel and then remove the woody center. Beets as well as skirretts should be diced.

Diced skirretts, boiled ham and celery mixed with a Lorenzo dressing make an excellent salad.

Slaw, Mexican

See Mexican Slaw and Mexican Salad

Somersetshire

Head lettuce, oil, vinegar, old Cheddar or Herkimer cheese, bread, butter, salt

Use one-quarter head of lettuce. Pour oil on liberally so that it percolates between the leaves. Pour on a little mild vinegar. Season to taste.

AUTHOR'S NOTE This salad is not a creation of the Author's. It has been a life-time favorite salad of an old friend, a native of Somersetshire, England, who attributes his uniformly good health largely to this simple fare. "It is a salad of which you never tire", he says, "it is palatable, nutritious, promotes digestion, and if served with whole wheat bread and a glass of milk makes an ideal luncheon, dinner, or supper." My friend emphasizes the fact that to get real benefit and enjoyment out of this salad it must be eaten slowly and with peace of mind. (See illustration opposite page No. 186.)

Sparkling

Jello, pistachio nuts, almonds, cherries, gingerale, lettuce

Cube strawberry and lemon jello which has been made extra stiff by using only one-half the amount of water called for in directions on packages. Place chopped jello in shallow moulds and sprinkle with chopped pistachio nuts, almonds and cherries. Mix in enough partially cooled jello to bind and fill mould. Set moulds of mixture in ice-box to harden and then turn out on beds of lettuce. If cider, ginger ale or Green River is used to dissolve jello, it gives it an additional zest. French dressing, Green River, used as a binder, gives an excellent flavor and a novelty item for St. Patrick's day menus.

Spartan

Garlic, dandelions, beets, chives, eggs

Rub a bowl with garlic and break in bleached pieces of

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FRERES JUMEAUX—TWINS

Lettuce, endive, tomato, Mexican slaw, green peppers, pimentoes, cream cheese

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VEGETARIAN SALAD

Lettuce. tomato, cauliflower, peas, beets, carrots

dandelions. Bake several red beets and allow to cool. Chop finely and mix with dandelions. Sprinkle top with chopped chives and garnish with quartered hard boiled eggs. French dressing.

AUTHOR'S NOTE: If you have a garden or front yard, you can easily grow dandelions. The fact of the matter is, you cannot keep them from growing. Dandelions are rich in minerals and are especially fine in the spring of the year. "Nebuchadnezzar ate dandelions and rich green grass with herds of oxen and the savage ass, and murmured as he cropped the rustic food: "It may be wholesome, but it is not good."

The abstemiousness of the Spartans is proverbial. They were accustomed from their youth to despise all the refinements of culinary art and to disregard everything beyond mere nourishment.

Spiced (Frozen)

See Frozen Spiced

Spiced Fruit

Spiced cantaloupe, pear, pineapple, peppers, strawberry, cress, endive

On leaves of endive, place alternately in a row slices of spiced pineapple, pear and cantaloupe. Decorate top with julienned strips of red and green peppers and ends and sides with small cornucopias made out of thinly sliced pieces of spiced cantaloupe. In the cornucopia place a small bright strawberry. Decorate with cress. French dressing. To make cornucopia, slice cantaloupe extremely thin and then twist into shape of horn.

Stuyvesant Fish

Lettuce

Half heart of lettuce filled with a chiffonade dressing, or a fourth head of lettuce, with chiffonade dressing. Dressing to be heavily garnished with the necessary ingredients.

Supreme (Frozen)

See Frozen Supreme

Surprise

Lettuce, pineapple, cream cheese, almonds, pear, cress, bar le duc

On leaves of lettuce place a slice of pineapple. Make hole in center of pineapple an inch in diameter. Fill hole with a ball made out of mixture of cream cheese and chopped blanched almonds. Cover cheese with a half of a small canned pear. Garnish the stem end of pear with a rosette of cress and pour over pear a little bar le duc. French dressing. The pear can be niched a little on top to retain the bar le duc.

Swan

Endive, grapefruit, orange, green peppers, cress, rubyettes, cream cheese

Wash, clean and dry a small head of endive, trim off the dark stem end, and raise the small heart up at right angles with the head of endive proper. The inner heart is not to be broken off but bent forward to represent the head of swan. By proper manipulation you can turn this center part into a good looking head. Raise up the other leaves on either side to represent the swan's feathers. Round out the center part or body with sections of grapefruit and orange and at intervals place very fine julienned, feathery strips of green peppers, for color and contrast. The two outside long leaves on either side, fold close into body at base and secure them at tail end close to body with two rosettes of cream cheese. Pipe a line of cream cheese at base of neck to cover root end and round out shape. Dot this line with four or five rubyettes. Bend part of head over to represent bill and dot either side of head with small amount of cream cheese. Center these cheese dots with small rounds of red or green peppers, to represent eyes. The top of oranges and grapefruit to be garnished with a few rubyettes. This salad was shown at the Ohio Hotels Association on Dec. 16,

1927, and brought forth many favorable comments. It is an unusually fine looking salad and really a work of art.

Around the swan the entire base of plate should be garnished with cress to represent water.

Don't request an obese thumbed pantry girl to make this salad or you may get about what the old inn-keeper got when he requested Painter to paint the Angel and Trumpet sign. For the curious, look up Inn Salad.

Swedish

Chicken, tongue, salmon, sole, potatoes, carrots, beans, beets, lettuce

Marinate one-fourth of a cup of cubed boiled potatoes, one-sixth of a cup of cubed boiled carrots, and one-half of a cup of de luxe beans in a French dressing for three hours. Then mix with one-fourth of a cup of cubed white meat of chicken, one-fourth of a cup of smoked beef tongue, one-fourth of a cup of cubed, smoked salmon, and one-fourth of a cup of cubed, cooked fillets of sole, and bind with mayonnaise. Mould out on bed of lettuce and garnish with quartered red beets.

Sweetheart II

Lettuce, pear, bar le duc, cream cheese, strawberries, green pepper, rubyettes, cress

On a bed of lettuce place a canned half pear, hollow side up. Fill center with bar le duc. Pipe a line of cream cheese around entire pear in shape of a heart and place alternately halves of ripe strawberries and julienned strips of green peppers, as in picture. At top of heart where lobes join place a large rubyette. Garnish with cress. French dressing.

The hollow in center of pear should be large enough to hold one teaspoon of bar le duc. (See illustration opposite page No. 218.)

Tarentum

Lettuce, tomato, broccoli, chives

On a bed of lettuce place a thick slice of peeled tomato and arrange a rosette of broccoli (steamed) in center. Alternate a half cherry tomato and short pieces of the stem of broccoli around center rosette. Sprinkle with chopped chives. French dressing.

The early physicians of Tarentum prescribed a simple meal of broccoli, herbs and lettuce. These simple meals were often called Iccus meals. Named after an early Tarentum physician.

Thompson Golden

Boston lettuce, celery, grapes

On a bed of inner leaves of golden or yellow Boston lettuce (placed in basket shape) place equal quantities of diced celery (inner stalks) and ripe, golden seedless Thompson grapes mixed with a golden mayonnaise--base No. 3A. This is an elegant, tasty, appetizing, economical luncheon salad, a real health item. Chopped tarragon, chervil or almonds enhance the flavor. Mayonnaise should be thick.

An ideal chicken salad can be made by adding white meat of chicken to the above.

Toasted Marshmallow

Endive, pear, artichokes (tubers), Swiss cheese, marshmallows, strawberries, cress, green peppers

On a bed of lettuce or endive, place a half fresh ripe pear (peeled), which has been marinated in a French dressing for at least three hours in ice box. Fill up center of pear and round into shape of a whole pear with a mixture of finely chopped artichokes (tubers raw) and Swiss cheese bound together with a stiff mayonnaise. Garnish top with four half slices of freshly toasted fresh marshmallows. Place a red ripe strawberry in center and four finely julienned strips of green peppers, radiat-

ing from center separating the four slices of browned and toasted marshmallows. Garnish base of pear with rosettes of cress. French dressing.

Tomato Russian

Lobster, chicken, celery, tomatoes, cherry tomato, lettuce, caviar, beets, green peppers, Russian dressing

Dice finely equal amounts of fresh boiled lobster, white meat of chicken and inner hearts of celery. Season and bind together with Russian dressing. Fill red, ripe, peeled, chilled tomatoes with mixture and place on bed of lettuce. Garnish center of top of tomato with a half cherry tomato scooped out and filled with caviar. Around it arrange julienned strips of red beets and green peppers like spokes of a wheel or rays of the sun. This makes an unusually attractive salad.

Tomato Volga

Tomato, lobster, caviar, green and red peppers, lettuce

Cut off stem end, remove all seeds and pulp from a small, ripe, peeled tomato. Fill tomato with diced lobster which has been marinated at least an hour in a French Dressing base No. 5 and then drained. Add a little caviar to a mayonnaise and mask salad. Garnish with fanciful cuts of green and red peppers. Serve on a base of lettuce.

AUTHOR'S NOTE: An interesting note on use of tomatoes from *The Farmers' Almanack, 1843:* "The tomato had been known and used for culinary purposes in many portions of Europe, and within a few years has become a general favorite in this country.

"Cut up tomatoes with salt, vinegar and pepper as you do cucumbers and eat away as fast as you can." An early American salad.

Twins

See Freres Jumeaux

Victoria II

Ham, celery, beetroot, red and green peppers, lettuce

Bowl: Dice equal parts of cold boiled ham, hearts of celery, beetroot, green and red peppers and bind together with just a little French Dressing base No. 1. Place mixture in a mould and turn out on bed of shredded lettuce. Mask with mayonnaise and garnish base of salad with julienned beetroot.—*F. Kelway, steward, Dominion Hotel, Victoria, B. C.*

Virginia Housewife

Lettuce, pepper-grass, chervil, cress, hard-boiled egg, scallions

An early American recipe for dressing a salad, taken from the "*Virginia Housewife, 1831.*"

To have this delicate dish in perfection, the lettuce, pepper-grass, chervil, cress, etc., should be gathered early in the morning, picked, washed and laid in cold water which will be improved by adding ice. Just before dinner is ready to be served, drain the water from the salad, cut it into a bowl, giving the proper proportions of each plant. Prepare the following mixture and pour over it: Take the yolks of two hard boiled eggs and mix with a tablespoon of cold water, mash until properly dissolved, mix in two tablespoons of oil, one teaspoon of salt, one teaspoon of powdered sugar, one of made mustard, and mix until properly smooth; then stir in two tablespoons of tarragon vinegar. Pour this over salad and garnish with rings of whites of hard boiled eggs; lay around edge of bowl young scallions, they being the most delicate of the onion tribe. (Only one salad in the book.)

Volga

See Tomato Volga

Williams

Carrots, pineapple, jello, rubyettes, mayonnaise, lettuce

Dissolve one-half package of cherry jello in three-fourths cup of boiling water, then add one cup of grated raw carrots,

one cup grated pineapple, one-half cup rubyettes, one-third spoon salt, one tablespoon lemon juice and whip in one cup mayonnaise. Pour mixture into glass molds and set in ice. Turn out on bed of lettuce and serve with French dressing. Rubyettes may be placed in bottom of mould and a little dissolved jello poured over to set them, then the rest of the mixture placed in mould and set. This gives the salad a little better appearance. A Lorenzo dressing makes a fine accompaniment for this salad. Mayonnaise may be omitted from the mixture and used to mask the salad after it is turned out of mould.

Wolf

Romaine, alligator pear, tongue, chicken, ham, lettuce, artichoke bottom, pimentoes

On leaves of romaine place one-half alligator pear and fill with a mixture of equal amounts of shredded boiled beef tongue, white meat of chicken and boiled ham to which has been added enough Thousand Island dressing to bind. Surround pear with a little shredded lettuce and garnish top center with a small artichoke bottom. Criss-cross two ends with julienned pimentoes.

Salad Dressings

The Salad Dressing Recipes are segregated and classified under the headings of French Dressings, Mayonnaises, Boiled Dressings, Sour Cream Dressings, Vinegars, and Miscellaneous Dressings, and the final section is devoted to Quantity Recipes of the four universally used dressings, French, Mayonnaise, Roquefort, and Thousand Island.

"Condiments—pepper, mustard, vinegar, are all capable of producing powerful irritating effects. The irritating effects upon the stomach are not readily recognized, simply because the stomach is supplied with very few nerves of sensation. Mustard applied to a healthy skin will produce a blister there. They create an artificial appetite, similar to the incessant craving of the chronic dyspeptic whose irritable stomach is seldom satisfied. Drinking alcoholic drinks and the excessive use of condiments are two of the greatest causes of gluttony since they remove the sense of satiety by which Nature says 'enough'."—*Science of the Kitchen by Ella E. Kellogg.*

Practically all these dressings are lightly seasoned. Mustard and vinegar can be eliminated. Lemon juice can be used in place of vinegar.

"There is no economy in using a poor olive oil in making a dressing. It will spoil your salad. Olives, like all generous givers, demand you squeeze them gently. The first pressing yields a thin, pure liquid, almost colorless. The second pressing yields a little less delicate product. The third pressing yields a rank and unwholesome residuum."

FRENCH DRESSINGS

French Dressing Bases

French dressing base No. 1, (Lemon color). Original French dressing: One-fourth teaspoon salt, one-fifth teaspoon freshly ground black pepper, one tablespoon pure vinegar, four tablespoons pure olive oil.

French dressing base No. 2, (Pink color). One-fourth teaspoon salt, one-fifth teaspoon paprika, one-third teaspoon sugar, one tablespoon pure vinegar, four tablespoons pure olive oil.

French dressing base No. 3, (Pink color). One-fourth teaspoon salt, one-fifth teaspoon paprika, one-third teaspoon sugar, one tablespoon lemon juice, four tablespoons pure olive oil.

French dressing base No. 4, (Orange color). Obesity: One-fourth teaspoon salt, one-fifth teaspoon paprika, one tablespoon lemon juice, three tablespoons mineral oil.

Mix salt, pepper and vinegar together, then whip in oil. In whipping all ingredients together (excepting oil) at start and then whipping in oil you get a thicker, better blended sauce.

French dressing base No. 5. For all dressings where cream is used as part of garnish. One-fifth teaspoon mustard (dry), one fifth teaspoon paprika, one-fourth teaspoon salt, one-half teaspoon tomato catsup, one-fourth teaspoon sugar, one tablespoon vinegar, five tablespoons olive oil.

Mix thoroughly the mustard, paprika, salt, catsup, sugar and vinegar together, then whip in oil. This gives you a sauce that will stand up, and to which you can add cream, mayonnaise, or other sauces without fear of separating. Whip this sauce thoroughly to emulsify.

To any of the following dressings add the garnitures to the French dressing base, using Base No. 1, 2, 3, 4 or 5, as directed. The dressing without garniture is enough for one to two serv-

ices and in most instances with garniture, two to five services. In some cases it may be necessary to add a little more base to garniture to thin.

All dressings at the Edgewater Beach Hotel are whipped in giant mixing machines, electrically driven. Oil is emulsified, holding all ingredients in solution. If French dressing is kept chilled, it will keep six to eight days without separating.* For home use, the Dover egg beater can be used if you wish to emulsify dressing. *See note on eggs in quantity French dressing, page 238.

American

To a French dressing base No. 1, 2, 3 or 5, add one teaspoon of chopped and blanched almonds, one of chopped cress and one of chopped fresh or maraschino cherries.

This is a red, white and blue dressing; excellent for fruit salads.

Anchovy I

To French dressing base No. 5 add teaspoon of chopped, boned and skinned anchovies or one teaspoon of anchovy sauce.

Bellevue

To a French dressing base No. 5, add two tablespoons of sour cream and one-half teaspoon of chopped chives.

French dressing base No. 1, 2, or 3, can be used when dressing is emulsified thoroughly.

Brunswick

To a French dressing base No. 5, add one-half teaspoon of chopped chives, one teaspoon of chopped egg yolks and one teaspoon of Bengal chutney.

Cheese

Rub an ounce of Cheddar cheese through a sieve and whip in one heaping tablespoon of whipped cream, then add to French dressing base No. 5.

Chiffonade

To French dressing base No. 1, 2 or 3, add one-half teaspoon of finely minced chives, and one teaspoon of each of the following: Chopped beets, whites and yolks of hard-boiled eggs, green and red peppers. Finely minced onions can be substituted in place of chives. Chopped parsley can also be added. If dressing is too thick use twice the quantity of base.

Chutney

To French dressing base No. 1 or 5, add one tablespoon of Major Gray's chutney sauce, one of walnut catsup and one-third teaspoon of chopped parsley, chervil or tarragon.

Club

To French dressing base No. 1 or No. 2, mix (in bowl rubbed with garlic) one-sixth teaspoon of mustard and one tablespoon of Worcestershire sauce.

Creamy

To French dressing base No. 5 add an equal amount of whipped cream, whipping cream into base. Sour or plain raw cream can be substituted for whipped cream.

French dressing base No. 1, 2 or 3, can be used when dressing is emulsified thoroughly.

Creole I

To a French dressing base No. 1 or No. 2 add a teaspoon of chopped pimentoes, one of chopped mushrooms, one-half teaspoon of chives and one tablespoon of chili sauce.

Cumberland I

To French dressing base No. 3, add one tablespoon of currant jelly, one-fifth teaspoon of mustard and one-half teaspoon of chopped lemon peel.

Cumberland II

Whip into French dressing base No. 5, one tablespoon of double cream, one of currant jelly, and one-fourth teaspoon of chopped lemon peel.

French dressing base No. 1, 2 or 3, can be used when dressing is emulsified thoroughly.

Curry

One yolk of hard-boiled egg rubbed through a fine sieve, one-sixth teaspoon of curry and a tablespoon of cream. Incorporate these three items into a smooth paste and whip French dressing base No. 1, 2, 3 or 5, into paste.

Danish

Add to French dressing base No. 3, one ounce of smoked sardines, which have been rubbed through a fine sieve and a half teaspoon of finely crushed caraway seeds.

Diana

To French dressing base No. 1, add one tablespoon of brandy, one tablespoon of currant jelly, one teaspoon of rum.

Dutch I

To French dressing base No. 1 or No. 2, add one tablespoon of cottage cheese, one of chili sauce and one of Major Gray's chutney. Season base a little higher.

This dressing is one of the finest in the whole category of dressings. This recipe is by the author of the book and it will some day be as well liked as the Thousand Island dressing, mayonnaise, or French dressing. Once used it will fall into immediate favor.

Dutch II

To a French dressing base No. 2, add one tablespoon of cottage cheese, and one teaspoon of chopped sweet pickles, one of parsley or one of cress.

Edgewater Beach

To French dressing base No. 5, add one tablespoon of grated pineapple, one of chopped or ground pecans and two of double cream.

French dressing base No. 1, 2 or 3, can be used when dressing is emulsified thoroughly.

English III

Pound one yolk of a hard-boiled egg to a paste and whip in two tablespoons of double cream. Whip a No. 5 French dressing base into the above and add a teaspoon of Worcestershire sauce.

Esmeralda

To French dressing base No. 1 add one-half teaspoon of chopped chives and one-half teaspoon of green peppers.

Fruit and Cheese

Into French dressing base No. 2, mix one tablespoon of grated Canadian cheese and one of grated pineapple.

Gourmet

Into French dressing base No. 5, add one tablespoon of chopped fine herbs and two tablespoons thick cream.

French dressing base No. 1, 2 or 3, can be used when dressing is emulsified thoroughly.

Hawaiian

To a French dressing base No. 3, add two tablespoons of orange and two of fresh pineapple juice. Add a little freshly ground mace to dressing.

Holland

To a No. 1, 2, 3 or 5 French dressing base, add one teaspoon of grated Edam cheese and one tablespoon of Major Gray's chutney.

Hungarian

To French dressing base No. 3, add the essence of one finely minced clove of garlic, one tablespoon of chili sauce, one teaspoon of finely minced green onion tops, or parsley and one teaspoon of minced pimentoes. Season highly with Hungarian paprika.

Indian

To French dressing base No. 1, add one-fifth teaspoon of curry powder, one chopped yolk of a hard-boiled egg, and one tablespoon of chutney sauce.

Italian I

To French dressing base No. 1, 2 or 3, add a half teaspoon of finely chopped chives, yolk of one hard-boiled egg chopped, and two finely minced sardines (skinned and boned), one-sixth teaspoon of mustard.

Italian II

To French dressing base No. 1 or 3, whip in two tablespoons of catsup, one teaspoon of minced red and one of green peppers and one-half teaspoon of chives.

Italian III

To French dressing base No. 2, whip in one teaspoon of tomato paste and add one-half teaspoon of each of the following: Chopped parsley and chives and grated Parmesan cheese.

Lemon

To French dressing base No. 3, add one tablespoon of chopped lemon pulp.

Lorenzo I

To French dressing base No. 1, add one tablespoon of chopped watercress and one-half teaspoon of chili sauce.

Mint Sauce

To French dressing base No. 1, 2 or 3, add a teaspoon of chopped mint (fresh).

Mississippi

Mash an ounce of pecans to a fine paste and rub the pecans and a fourth or fifth alligator pear through a fine sieve. Mix into a French dressing base No. 3. If sauce is too thick, reduce with double the amount of base and add additional salt to base.

Newport

To French dressing base No. 1, 2, 3 or 5, add two tablespoons of chili sauce.

Nicoise I

To a French dressing base No. 1, add one-eighth teaspoon French mustard, one egg yolk chopped, one teaspoon of chopped green olives, one-fourth teaspoon of chopped chives, and one-fourth teaspoon of chopped parsley.

Nicoise II

To French dressing base No. 1, add a teaspoon of chopped chives and one of capers.

Norwegian

To a French dressing base No. 3, add one tablespoon of smoked Norwegian sardines, boned, skinned and rubbed through a fine sieve, one teaspoon of anchovy paste, one-half teaspoon of chopped chives or parsley.

Nut Pascagoula

Pound into a paste, one tablespoon of blanched pecans and one of blanched almonds and whip French dressing base No. 5 into paste.

Onion

Into a French dressing base No. 1, 2 or 3, add one teaspoon of essence of onion, one of chopped parsley, and one of chopped green young onion tops.

Pascagoula

(*See Nut Pascagoula*)

Piquante

Rub one hard-boiled egg yolk through a sieve and add one-third teaspoon of French mustard, one teaspoon of anchovy sauce, one teaspoon of chopped capers, one teaspoon of chopped parsley and a half teaspoon of chopped chives. Whip into French dressing base No. 2 or 3.

"For palates grown callous almost to disease,
Who peppers the highest is surest to please."
—*Goldsmith.*

Poor Man's Sauce

To a French dressing base No. 1, add one teaspoon each of chopped parsley, finely shredded young green onions, finely chopped gherkins and string beans; a little grated horseradish can be added. Obs.

Adapted from Cook's Oracle, By a Physician, 1823.

This sauce is in much esteem in France, where people of taste, weary of rich sishwa, occasionally order the fare of the peasant to obtain the charm of variety.

"The Rich, tired with continual feasts,
For change become their next poor tenant's guests;
Drink hearty draughts of ale from plain brown bowls,
And snatch the homely rasher from the coals."
—*Dryden.*

The real Poor Man's dressing is made from bacon grease instead of olive oil.

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VICTORY SALAD

Lettuce, cream cheese, cress, pineapple, nuts, cherries, red and green peppers, celery

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WEDDING RING SALAD

Lettuce, oranges, rice, cherry, green peppers

Potato

Rub one-half medium sized boiled Idaho potato and one hard-boiled egg yolk through a fine sieve and whip in one-half teaspoon of essence of onion, one-half teaspoon of chopped parsley, and one-fifth teaspoon of mustard. Add French dressing base No. 1 to above and whip smooth. If too thick add double the amount of base, or enough base to make a dressing about the consistency of raw cream. If dressing is too mild add additional vinegar or lemon juice.

Roquefort

To a French dressing base No. 5, add one tablespoon (heaping) of broken bits of Roquefort cheese (do not mash fine) and one tablespoon of forty percent cream. Mix cream into cheese and add base.

French dressing base No. 1, 2 or 3, can be used when dressing is emulsified thoroughly.

Southern

Into French dressing base No. 1, 2 or 3, whip in two teaspoons of peanut butter, one of chili sauce, one-half teaspoon chopped chives and one-half teaspoon of chopped parsley.

Spanish

To a French dressing base No. 1 or 2, add one teaspoon of minced Spanish onions, one of chili sauce, one of chopped pimentoes and one of cress.

Special I

To French dressing base No. 3, add one tablespoon of currant jelly, one teaspoon of chopped chives and one-fifth teaspoon of French mustard.

Special II

To a French dressing base No. 1 or 2 (made out of the vinegar of pickled beets or cucumbers, instead of plain vinegar),

add two teaspoons of Thousand Island dressing and the yolk of an egg rubbed through a fine sieve.

Sugar Plum

Into a French dressing base No. 3, add one tablespoon of bar le duc, one of strained honey and one of chopped lemon pulp.

Supreme II

Into French dressing base No. 5, whip one teaspoon of almond paste, two tablespoons of orange juice and two of whipped cream.

French dressing base No. 1, 2 or 3, can be used when dressing is emulsified thoroughly.

Triton

To French dressing base No. 3, add one-half teaspoon of chopped anchovies, one teaspoon of caviar and lobster coral. One teaspoon of anchovy paste can be substituted for chopped anchovies.

Tropical

To a French dressing base No. 1, 2 or 3, add one-fifth teaspoon of freshly ground nutmeg and one-fifth teaspoon of ground ginger.

Victory

(*See American*)

Vinaigrette

To French dressing base No. 1, 2, 3 or 4, add one-half teaspoon each of chopped green olives, capers, chives and gherkins, and one-third teaspoon of parsley, tarragon and chervil. Chervil or tarragon can be omitted.

Whip and Spur

To a French dressing base No. 1, add one-tenth teaspoon of cayenne or a dash of tabasco sauce, and a clove of garlic rubbed through a fine sieve.

In *The Cook's Oracle* I find: "Those palates which have been used to the extreme of Piquance, will require additional excitement. This may be easily accomplished by aid of whip and spur, that students of long standing in the school of good living are generally so fond of enlivening their jaded palates with, i. e. cayenne and garlic.

York

To a French dressing base No. 2 or 5, add one-half teaspoon of chopped chives, one-half teaspoon of chopped parsley and one tablespoon of toasted bread crumbs (toasted hard). Crumbs to be added at table just before being served.

MAYONNAISE DRESSINGS

In the first edition of Manuel des Amphitryous, printed in Paris, 1808, by the author de l'Almanach des Gourmands, page 254, we find that "Mayonnaise" was originally "Bayonnaise." The credit of this is given to the Duke of Richelieu.

Mayonnaise Bases

Mayonnaise base No. 1. Two yolks of fresh eggs, one-third teaspoon of English mustard, one-half teaspoon of salt, one-half teaspoon sugar and two tablespoons of best vinegar.

Beat eggs up with a wire egg beater so that they are light. Whip in all other ingredients except the oil. Add oil, not drop by drop, but slowly, and continue whipping until you have added eight ounces or one-half pint of best olive oil.

This makes a good heavy mayonnaise and will not separate

if kept covered and cold in an ice box where the temperature is kept around 45° Fahrenheit. Sugar can be omitted.

When making mayonnaise as in Base No. 1 use a mild aromatic vinegar, or you will have trouble in incorporating oil. A real strong acid vinegar partially coagulates the eggs and they lose their effectiveness. If you do use strong malt vinegar dilute with water, equal amounts, or vinegar can be added a few drops at a time to thin dressing as you proceed in the making. Base No. 1 is quickly made.

One large yolk of a freshly laid egg will make the same mayonnaise a little lighter in color. A teaspoon of lemon juice added last gives or enhances flavor. Should you have the misfortune of breaking or curdling dressing, start over with an additional yolk and whip curdled dressing slowly into yolk. When whipping the oil in, if you will stop pouring oil when you first notice an unevenness in the mixture, that is a lack of smoothness, and whip dressing until smooth again, you never will have a failure. To continue pouring oil when you see that the oil is not being incorporated as fast as you are pouring, is the cause of most failures. Eggs should be fresh, oil chilled and the best that money will buy. This mayonnaise is easy to make and a minimum risk will attend your efforts.

Mayonnaise base No. 1A (with vinegar and lemon): Same ingredients as Mayonnaise base No. 1 except lemon. Mix eggs and mustard together. Mix one tablespoon of vinegar, and one of lemon, sugar and salt together to dissolve.

Whip in one-third of oil into eggs and mustard, and then thin with one-third vinegar and lemon mixture. Whip in one-third more oil and thin again with one-third of vinegar mixture. Whip in the last third of the oil and thin with last of the vinegar and lemon mixture. This method, while harder to handle, will keep at a regular temperature longer than Mayonnaise base No. 1. Care should be taken when whipping the first third of oil into the eggs so that it does not separate, pour the oil slowly and see that it is being incorporated as fast as it is poured.

Mayonnaise base No. 2. The same dressing can be made the same way only with mineral oil, for people wishing to reduce—for the diabetic, eliminate vinegar and make according to mayonnaise base No. 3.

Mayonnaise base No. 3 (with lemon juice). Mix two yolks of eggs, one-third teaspoon dry mustard and one tablespoon of lemon juice together, then whip in ½ pint of olive oil and lastly whip in one-half teaspoon of sugar and one-half teaspoon of salt which has thoroughly been dissolved in one tablespoon of lemon juice. A very excellent way of making a lemon flavored mayonnaise.

Mayonnaise base No. 3A. The same ingredients as mayonnaise base No. 3 with the addition of a teaspoon of ice cold water. Mix mustard, eggs, sugar, salt, and water together, whip in oil and add two tablespoons of lemon juice last. This is a fine flavored and well keeping mayonnaise.

Mayonnaise base No. 3B. Same ingredients as mayonnaise base No. 3. Mix the eggs, salt, mustard, and sugar together and beat in five tablespoons of oil, whip well and add one tablespoon of lemon juice, then whip in rest of oil and lastly add one tablespoon of lemon juice. Fine keeper.

The fresher the mayonnaise dressings the better the flavor.

Mayonnaise base No. 4. The same as mayonnaise base No. 1 or 3 with one cup of whipped cream added.

Mayonnaise base No. 5. A sparkling mayonnaise or French dressing.

Dissolve one-half package of lemon or cherry jello in one-half cup of boiling water and allow to cool. When nearly set whip in one-half cup of French dressing. Set on ice and when thoroughly congealed whip into small crystals so that the oils will be thoroughly mixed with the jello. Use on fruit salads.

For Sparkling Mayonnaise, mix one-half mayonnaise to one-half jello, that has solidified, and make as above.

To any of the following dressings just add garnitures to

mayonnaise base: (The dressing in recipe without garniture is enough for six to eight covers.)

Anchovy II

To mayonnaise base No. 1 or 3, add one tablespoon of chopped anchovies or one tablespoon of essence of anchovies and one tablespoon of chopped gherkins.

Antoinette

To a mayonnaise base No. 1 change base vinegar to mild tarragon vinegar and add one teaspoon of chopped chives.

California

To mayonnaise base No. 3, add two ounces of small white seedless grapes and one tablespoon of chopped pimentoes.

Carmelite

To a mayonnaise base No. 1, add one tablespoon of chopped anchovies or two tablespoons of anchovy paste.

Catalane

To mayonnaise base No. 1 or 3, add one tablespoon of chopped pimentoes and one of chopped anchovies.

Chantilly II

Into a mayonnaise base No. 3, add three tablespoons of whipped cream and two of bar le duc.

Collegiate

Two tablespoons of mayonnaise base No. 3 or 3A, two tablespoons whipped cream, one tablespoon double malted milk, one tablespoon orange juice. Whip cream into mayonnaise, add malted milk, then orange juice. (Excellent for fruit salads.)

Creole II

To mayonnaise base No. 1, add one tablespoon of finely minced ham, one of tongue, one teaspoon of chopped parsley and chives and one tablespoon of chili sauce.

De Luxe

To mayonnaise base No. 1, add one tablespoon of chopped blanched almonds, one tablespoon of minced Roquefort cheese and a teaspoon of chopped chives.

Demi Deuil

To mayonnaise base No. 4, add one ounce of sliced black hothouse grapes and one finely julienned or sliced truffle. Grapes to be added just before serving dressing.

Elsworth

(*Same as Chantilly II*)

English I

To mayonnaise base No. 1, add one teaspoon of walnut catsup, one of mushroom catsup and one of Worcestershire sauce. A real heavy mayonnaise base necessary.

Exotique

To mayonnaise base No. 1 or 3, add one teaspoon of white wine, one teaspoon of cognac, one tablespoon of minced Canton ginger and one tablespoon of whipped cream.

Figaro

To mayonnaise base No. 1 or 3, add one teaspoon of tomato paste, one tablespoon of whipped cream and a half teaspoon of chopped chives.

Figaro Coloring

Boil one small can of the best red tomatoes down to about one ounce. Mash through a fine sieve and then press through a cloth. Use to color Figaro Sauce.

Fruit I

To a half cup of mayonnaise base No. 3, add one tablespoon of crushed, blanched almonds, two tablespoons of bar le duc, three of whipped cream, one of lemon and one of orange juice. Whip cream into mayonnaise, add bar le duc, then orange and lemon juice. Season with additional one-fifth teaspoon salt and the same of paprika.

Fruit Juice

To mayonnaise base No. 3, work in two tablespoons of whipped cream and just before serving work in two tablespoons of orange juice. Have mayonnaise thick and very cold.

Garde Manger

To mayonnaise base No. 1 or 3, add the essence of one clove of garlic, one teaspoon of horseradish and one teaspoon chopped parsley.

Green I

To Mayonnaise base No. 1 or 3, add one tablespoon of essence of spinach. Clean a pint of fresh, green spinach thoroughly, dry in towel, blanch two minutes and chop. Squeeze out essence in clean towel and add to base. (See method used in Green Dressing No. 2.)

Green I-A

An aromatic green coloring can be made by using one handful of spinach blanched, several sprigs of cress, tarragon and chervil all chopped and essence pressed out in towel and added to a mayonnaise or French dressing.

Green I-B

Scald for a minute one ounce of tarragon, chervil, burnet and chives. Drain and pound in a mortar. Rub through a fine sieve and add to a mayonnaise. If mayonnaise is too light add a little essence of spinach.

Hoosier

Same as Figaro, with a tablespoon of cream cheese or cottage cheese added.

Japonaise

Into two tablespoons of mayonnaise base No. 3, add four tablespoons of whipped cream. Season highly with paprika, add an additional teaspoon of lemon juice and a little salt.

Lorenzo II

To a mayonnaise base No. 1, add one tablespoon of finely julienned white hearts of celery, one of pineapple and one of chopped green cress.

Maiden Blush

Two tablespoons of mayonnaise base No. 3, or 3A, two tablespoons of whipped cream, one tablespoon bar le duc, one-sixth teaspoon of salt, one teaspoon of orange juice, one-sixth teaspoon paprika.

Work whipped cream into mayonnaise, then add bar le duc. Mix salt, orange juice, paprika and whip into above.

Meschianza

Mix two tablespoons of whipped cream into mayonnaise base No. 1 and add one tablespoon of chopped, blanched almonds, one of chili sauce and a teaspoon of chopped chives.

AUTHOR'S NOTE: Meschianza and Mischinza are derived from two Italian words—"Mescere," to mix, and "Mischiare," to mingle. Thus the dressing, so varied in its nature, has been named after the early Colonial parties which were called "Meschianzas." The name was given them on account of the mingling and the mixing of the many society people who attended. Their gay colors are represented by the various hues of garniture in the sauce and if one knows anything about mayonnaise, there is certainly a mingling and mixing of the ingredients which enter into its composition.

Mousseline II

Into one cup of mayonnaise base No. 1, whip in one cup of whipped cream.

My Fancy

To mayonnaise base No. 1, add one tablespoon of walnut catsup, one of French dressing, and one teaspoon of chopped chives.

Plaza

To mayonnaise base No. 1 or 3, add one teaspoon of L. & P. sauce and one of chutney sauce.

Printemps

To mayonnaise base No. 4, add two tablespoons of puree of new green peas or one tablespoon of Green Dressing No. 1A.

Ravigote

Ravigote means to revive or cheer. To a mayonnaise base No. 1 add chopped tarragon, chives, chervil, and burnet.

Red

Two tablespoons of lobster coral rubbed through a sieve and added to mayonnaise base No. 1 or 3. Tomato paste or paprika can be substituted.

Red mayonnaise to be used on a fruit salad can be colored with grenadine, paprika, cherry juice, currant jelly, raspberry or strawberry juice or bar le duc. For a fish salad with lobster coral, tomato paste or paprika. (See Figaro).

Remoulade I

To mayonnaise base No. 1, add one tablespoon of chopped capers and one of chopped fine herbs (chives, parsley, chervil, tarragon). See Miscellaneous Sauces.

Seven Fruit

Into a mayonnaise base No. 3, whip one tablespoon of Seven Fruit Juices and two of whipped cream.

Singapore

To a mayonnaise base No. 1, add one tablespoon of finely diced red and green peppers, one of celery, and one of Major Gray's chutney

Smooth Tartar Sauce

Rub three yolks of hard-boiled eggs through a sieve; chop one-half ounce of capers, one ounce of green olives and one tablespoon of chives and place in a mortar. Pound chives, capers, olives and eggs together and press through a fine sieve. Add to mayonnaise base No. 3. Garnish sauce with a teaspoon of chopped parsley.

Tartar Sauce

To mayonnaise base No. 1 or 3, add one tablespoon each of chopped capers, gherkins, parsley, chives and tarragon.

Thousand Island

To mayonnaise base No. 1 or 3, add three tablespoons of chili sauce, one teaspoon each of chopped pimentoes. chives, and green peppers. The above added to base No. 4 gives a creamy dressing. Hard-boiled eggs (chopped) are often used in garniture.

AUTHOR'S NOTE—*National Culinary Progress*, official organ of Progressive Culinary Association, published at Chicago, gives the origin of Thousand Island Dressing. Chef Theo Rooms of the Drake Hotel, Chicago, is credited as being the originator of this famous dressing. It was first produced in The Blackstone of Chicago, when this hotel was first opened, and Mr. Rooms was the chef de garde manger. The magazine quotes Mr. Rooms to the effect that it was first called Black-

stone Dressing. Later, Mr. Rooms, in collaboration with Albert Awater, maitre d'hotel of The Blackstone, gave to it the name Thousand Island Dressing.

Another story of its creation is that it originated in the home of George C. Boldt, in the Thousand Islands of the St. Lawrence River, and that it was served under the name of Thousand Island Dressing in the Waldorf-Astoria Hotel, New York, before served in The Blackstone.

BOILED DRESSINGS

Boiled Dressing Bases

Boiled dressing base No. 1. Make cream sauce of three level tablespoons flour, three tablespoons of melted butter and one cup of sweet milk. Allow to cool slightly. Dissolve one-fourth teaspoon of English mustard, one teaspoon salt, one-fourth teaspoon paprika, and one tablespoon of granulated sugar in one-fourth cup of cider vinegar. Beat one egg up good and then whip into cream sauce, then whip in vinegar and other ingredients. Beat well and set in ice box until ready for use. This is enough for six. If too thick, whip in a little raw cream.

Boiled dressing base No. 2. One-fourth teaspoon of English mustard, one-half teaspoon salt, one-fourth teaspoon paprika, one tablespoon sugar, yolks of five eggs, five tablespoons melted butter, two tablespoons vinegar, half cup cream, half cup milk, one tablespoon lemon juice.

Mix mustard, salt, paprika, sugar, eggs, butter, cream and milk together and whip well. Set on range in double boiler and whip until mixture thickens. Remove from fire and whip in vinegar and lemon juice. Caution: Do not hold on fire very long after mixture commences to thicken, as eggs will coagulate if given too much heat. The amateur must pay the price in making a sauce of this kind; if you remove too soon, your

sauce will be too thin; if too late, your sauce will break. Whip constantly and watch closely just what is happening and ere long the knack will be yours. A good wire egg whip is the tool to use in making this sauce.

Boiled dressing base No. 3. One-fourth teaspoonful English mustard, one-half teaspoonful salt, one-fourth teaspoonful paprika, yolks of three eggs, five tablespoonsful of melted butter, two tablespoonsful of vinegar, one tablespoonful of sugar, one-half cup thick cream, one tablespoon lemon juice. Mix mustard, sugar, salt, paprika, and whip into yolks of eggs and cream. Place on range in double boiler and whip until thick. Remove from fire, and whip in vinegar and lemon juice.

Fruit II

To boiled salad dressing base No. 1 or 2, add one tablespoon of orange juice and one teaspoon of chopped fresh or maraschino cherries.

Peppy

To boiled salad dressing base No. 1, 2 or 3, add one tablespoon of chopped Major Gray's chutney, one of pimentoes and one of parsley.

Souffle

To boiled salad dressing base No. 2 or 3, add one-half cup of whipped cream.

SOUR CREAM DRESSINGS

Sour Cream Dressing Bases

Sour cream dressing base No. 1. To one cup of sweet cream add two to three teaspoons of lemon juice, one-third teaspoon salt and one-fourth teaspoon of freshly ground pepper. Paprika can be used in place of pepper and one-half teaspoon of sugar can be added to bring out flavor. Mix lemon juice, salt, pepper and sugar together and whip slowly into cream.

Sour cream dressing base No. 2. Whip up one cup of thick sour cream until smooth. Add one-fourth teaspoon of freshly ground pepper and one-third teaspoon of salt. If cream is too acid whip one-half cup of sweet cream to one-half cup of sour.

Sour cream dressing base No. 2A. One-half cup of sweet cream, one-half cup of buttermilk, one-fourth teaspoon pepper, one-third teaspoon salt, one-third teaspoon sugar.

Sour cream dressing base No. 2B. One cup of sweet cream, one tablespoon of buttermilk, one teaspoon of lemon juice, one fourth teaspoon pepper, one-third teaspoon salt, one-third teaspoon sugar.

Sour cream dressing base No. 3. One-half cup of fresh sweet cream, one-half cup of whipped cream, one teaspoon of lemon juice, one-fifth teaspoon of freshly ground black pepper and one-fifth teaspoon of salt. Whip sweet cream and whipped cream together. Add salt and pepper, then whip in lemon juice.

Fantasie

To sour cream base No. 3, add one tablespoon of maraschino juice and one tablespoon of chopped cherries.

Marine

To sour cream base No. 1, 2, or 3, add one teaspoon of chopped chives. (Excellent for squeezed cucumber salad).

Princess

To sour cream base No. 3, add two tablespoons of raspberry syrup or fresh strained raspberry juice.

SALAD VINEGARS

Salad Vinegar No. I

Into a quart of best white vinegar place one-half cup of chopped shallots, one-fourth cup chives, one-fourth cup fresh mint, one-fourth cup of sweet savory, one teaspoon of salt and two teaspoons of brown sugar. Place in a bottle. Cork and set in sun for three weeks. Shake daily and then filter or strain off. A very fine aromatic vinegar. Reduce proportion of vinegar to oil 1 to 5 when making French dressing.

Salad Vinegar No. II

One tablespoon of chopped mint leaves, one of chives, one of shallots, one of sweet savory, one-fourth teaspoon of ground nutmeg, one teaspoon of salt, one tablespoon of brown sugar, three bay leaves and one broken stick of cinnamon. Pour boiling white vinegar over the above ingredients and shake bottle every day for ten days. Strain and use. Proportion of oil to vinegar, 4 to 1 in making French dressing.

An excellent aromatic vinegar with a real tang. If you make a French dressing out of this vinegar you will never use any other. Buy only pure mild white vinegar.

Salad Vinegar No. III

Shallots, sweet savory, chives, tarragon, three ounces each. Two tablespoons of diced mint leaves; same of chervil; pound all in a mortar and place in a stone jar holding a gallon of mild light vinegar; cork it down securely and let stand for two weeks in the sun; strain it off, press out herbs and filter for use.

Aromatic Vinegar

To make an aromatic vinegar: Add one to two ounces of any of the following herbs (chopped) tarragon, mint, balm, chervil, burnet, parsley, chili peppers or chives to one quart of

white wine vinegar and allow to steep for two or three weeks. Then strain off. Two or three of the above herbs can be added, mixed together or placed separately, one or one and one-half ounces will produce an aromatic vinegar. One crushed clove of garlic will add zest to the vinegar.

Chili Vinegar

Chop two ounces chili peppers, two cloves garlic and a few sprigs of chervil or parsley. Place in a half-gallon glass jug and pour one quart hot vinegar over them. Add two ounces of brown sugar. Place in the sun and shake daily. Allow to stand for three weeks, then strain off.

Cucumber Vinegar

Chop two shallots and place in bottle with 1½ pints of white vinegar, one dessert spoon of salt, a salt spoon of cayenne pepper, two drops of garlic vinegar; let stand a week and shake often; boil, strain, and then pour over six sliced cucumbers and one sliced onion. Allow to stand a few days. Strain and bottle for use. Fine for salad dressing—a few drops.

Dill Vinegar

Place three ounces of dill leaves and one ounce of chervil in one-half gallon glass bottle and pour one quart white wine vinegar (hot) over them. Allow to stand three weeks or a month. Strain and use. Fine in salad sauces.

Elder Flower Vinegar

Place eight ounces of elder-flowers in a half gallon bottle. Pour a quart of white wine vinegar over them and allow to stand about two weeks. Shake occasionally. Strain and use.

Spiced Vinegar

(*Same as Salad Vinegar*)

Tarragon Vinegar

Cut up one ounce of tarragon leaves (without flowers) and chop up one ounce of the stem, one shallot and one tablespoon chives. Mix the above with one ounce of brown sugar. Heat one quart white wine vinegar and pour over other ingredients. Allow to steep for fifteen days, then drain off. Vinegar improves by allowing glass container to stand in sun and shaking it several times while herbs are marinating.

John Evelyn says tarragon is "highly cordial, and friendly to the head, heart, liver, correcting the weakness of the ventricle."

MISCELLANEOUS OR ODD DRESSINGS

Bacon I

Dice two ounces of bacon and fry to a golden brown; add one-third the amount of vinegar to the amount of rendered fat. Add vinegar to the fat while hot and in pan. Season with freshly ground black pepper, salt and a little sugar, and pour over salad while warm.

Bacon II

Saute an ounce of diced bacon and after bacon is thoroughly browned, add a tablespoon of Salad Vinegar No. 1, a fourth teaspoon of salt, and one-half teaspoon of sugar. Pour vinegar into bacon fat while hot, and then the dressing over salad and serve immediately.

Chantilly I

Use Thousand Island dressing as base and mix in one tablespoon of whipped cream and one of bar le duc.

Cider

Into a mayonnaise base No. 3, whip in one tablespoon of cider; or into a French dressing base No. 3 add two tablespoons of cider.

AUTHOR'S NOTE: "Cider is to be preferred, it being the more pure and active part separated from the impure and feculent; and without all peradventure, is the most wholesome drink that is made for ordinary use. For specific virtues there is not a drink more effectual against the scurvy. It is also prevalent against the stone and by its mundifying qualities is good against diseases of the spleen and is esteemed excellent against melancholy."—"*Treatise of Cider,*" *by Worlidge, Gent, 1691.*

Coronation Pear

Thin a bar of cream cheese to the consistency of thick cream by whipping in enough raw cream. Add lemon juice to flavor and an individual jar of bar le duc. Salt and freshly ground pepper to season.

English II

Four tablespoons olive oil, one tablespoon lemon juice, one-third teaspoon salt and one-sixth teaspoon freshly ground pepper, one-fifth teaspoon English mustard, one tablespoon English walnut catsup and one tablespoon strained honey. Mix lemon juice, salt, pepper, mustard, honey and catsup together. Whip oil into above. Vinegar can be used in place of lemon juice.

Farmer's

By Thos. J. Murray

A farmer's salad dressing is made of thickened sweet milk, salt, pepper, and sorrel leaves, a few leaves of mint, and occasionally a sprig or two of young tansy is added.

Fennel

The leaves of fennel can be chopped and added to mayonnaise base No. 1 or French dressing base No. 1 and used over fish salad. Goodrich says "It was the custom of the old ladies of New England to carry sprigs of fennel to church, to keep them awake during long sermons."

Fruit III

Whip up three tablespoons of currant jelly with the juice of one orange and the juice of one lemon and one tablespoon of honey and one of maraschino juice.

Fruit IV

Beat the yolks of two eggs with two teaspoons of powdered sugar, fold in one cup of whipped cream. Flavor with cognac and one teaspoon of horseradish.

Green II

Three parts oil, and one part vinegar. Season with salt and white pepper, color with extract of spinach, or a little of the green part of the alligator pear which lies next to the skin and has been rubbed through a sieve. French dressing, or mayonnaise can be colored with alligator pear pulp also.

This coloring matter from the alligator pear is of a rich, warm green color, delightful to the eye and of a rich nutty flavor.

The deepest coloring is next to the skin and should be scraped out with a spoon. The green prickly species of pear is the best for coloring.

Hollandaise

Three egg yolks, one-third teaspoon of salt, one-fifth teaspoon of paprika, one tablespoon of lemon juice, two tablespoons of cream, one-fourth pound butter. Beat eggs, salt, paprika and cream up in a bowl and pour into double boiler.

Place on range. Beat and add about one-fourth pound of butter in lumps as big as filberts, whipping constantly until mixture thickens. Do not allow mixture to get too hot or eggs will coagulate. Remove from fire and whip in one tablespoon of lemon juice.

H. M. Kinsley's Salad Dressing Recipe

One boiled potato, one salt spoon of salt, two of powdered sugar, one mustard spoon of dry mustard, one tablespoon of olive oil, one teaspoon of Harvey sauce. Boil potato mealy and mash through sieve very smooth; add all ingredients and when the whole is well mixed, add some vinegar by degrees till it is all the consistency of thick cream.

Honey

Mix six tablespoons of strained honey with two of lemon juice. Excellent for fruit and fig or date salads.

Honey for Fruit

Two eggs well beaten, 3 ounces strained honey, two tablespoons of lemon juice, one-fifth teaspoon salt, one-sixth teaspoon paprika, 1½ cups of whipped cream. Beat whites and yolks separately and whip in honey, lemon juice, salt and paprika. Now place in double boiler on range and whip until sauce thickens. Remove from fire and partially cool, then fold in whipped cream and place in ice-box until ready for use.

Excellent on fruit salads.

Lobster Mayonnaise

Rub the green fat of lobster, the coral, and the yolk of a hard-boiled egg through a fine sieve and mash to a paste. Add the yolks of two raw eggs, half teaspoon salt and one-fifth teaspoon pepper. Whip all together thoroughly, add one teaspoon lemon juice and whip in half pint olive oil. Thin with lemon juice. Excellent for fish salads.

Marshmallow

One cup of whipped cream, two ounces of diced marshmallows, two tablespoons of lemon juice, two teaspoons of sugar, one-half teaspoon of celery salt and one-third teaspoon of paprika. Mix marshmallows, lemon juice, sugar, salt and paprika and fold in the cream. Excellent for fruit salads.

Miscellaneous I

Add two ounces of chopped marshmallows and one ounce of chopped and blanched almonds to boiled dressing base No. 3 and fold in one half cup of whipped cream. Lemon juice to be used in place of vinegar in base.

Miscellaneous II

One No. 2 can of tomatoes cooked with two tablespoons of French gelatin. Strain and whip in one-third cup of mayonnaise.

Miser's Sauce

To four tablespoons of vinegar and two tablespoons of hot water, add one teaspoon of chopped chives, one of sugar, one-half of salt and one-fourth of pepper freshly ground. Whip above into three tablespoons of hot bacon grease for additional flavor.

Mousseline I

Whip one cup of whipped cream into a cup of hollandaise sauce and add one teaspoon of sugar.

Mousseline III

Into one-half cup of lemon aspic or fruit gelatine, whip one-half cup of stiff mayonnaise and one-half cup of whipped cream. Aspic or fruit gelatine to be nearly set when other ingredients are whipped in, then set on ice until needed.

Ponce de Leon

Mix two tablespoons of Thousand Island dressing, two of sour cream dressing, base No. 2, and one tablespoonful of chopped cress.

Remoulade II

The yolks of two hard-boiled eggs worked to a very fine paste, this used as a start with mustard, salt, pepper and lemon juice or vinegar as in mayonnaise base No. 1, No. 3, or No. 3A. Then whip in slowly half pint of olive oil.

Remoulade means "to grind"; comes from the French verb "Remoudre." Care must be taken so that sauce does not separate. A garnish of chives, parsley, chervil, and tarragon can be added. One raw yolk can be added to the hard-boiled yolks. This will help to incorporate oil.

St. George

Into a cup of whipped cream add a teaspoon of lemon juice, a half teaspoon of freshly ground horseradish, one-fifth teaspoon of salt and one-fifth teaspoon of paprika.

Seventeenth Century

Pound one yolk of a hard-boiled egg, one cleaned and boned anchovy, one teaspoon of capers, one teaspoon of chives and one of chervil to a paste and rub through a fine sieve. Whip in one raw yolk of egg, one-half teaspoon of English mustard, one teaspoon of salt, and one-fourth teaspoon of freshly ground pepper to the above mixture. Then whip in one cup of olive oil and lastly two tablespoons of tarragon vinegar and one of lemon juice. Excellent for fish salads.

Spicata

One-fifth teaspoon white pepper, one-fourth teaspoon salt, one teaspoon sugar, one tablespoon orange juice, one tablespoon lemon juice. Mix the above ingredients together and whip in six tablespoons olive oil, then add two teaspoons of fresh, chopped mint leaves.

Supreme I

Mix two tablespoons of orange juice, two of lemon juice, one-eighth teaspoon of salt, one-eighth teaspoon of paprika and one teaspoon of almond paste. Dissolve thoroughly. Then whip in four tablespoons of Thousand Island dressing and two of whipped cream.

Thin Fruit and Mint

Two tablespoons lemon juice, four tablespoons orange juice, half teaspoon salt, one-fifth teaspoon paprika. Whip the above together to dissolve salt, then whip in eight tablespoons olive oil and add one teaspoon chopped mint leaves.

Verjuice

To a tablespoon of freshly pressed-out green grape juice add three tablespoons of olive oil, one-half teaspoon of salt, one-half teaspoon sugar, one-quarter teaspoon of paprika and one tablespoon of lemon juice. Mix juice, salt, sugar, paprika, and lemon juice well, and then whip in oil.

Vitamine

One-third teaspoon of salt, one-fourth teaspoon of paprika, 2 tablespoons pineapple juice, four tablespoons tomato juice, two teaspoons of lemon juice, three tablespoons of grated calves' or chicken liver.

AUTHOR'S NOTE: This salad dressing is a real health item and contains vitamins A. B. and C. The dressing has not a pleasing appearance. It is known that where certain elements are lacking in one's diet that the vitamins play a mighty role in aiding the body to synthesize certain missing elements. This dressing can be mixed into a meat, fowl or raw vegetable salad and then masked with mayonnaise to add to attractiveness of salad.

Windsor

Into a cup of whipped cream, add one-third teaspoon of salt, one-fifth teaspoon of paprika, one teaspoon of lemon juice, one teaspoon of beet juice and a half teaspoon of chopped chives. Cream must be heavy, dry and fresh. Whip lemon juice in last.

QUANTITY DRESSINGS

French Dressing

Five gallons olive oil, one gallon vinegar, two ounces paprika, two ounces white pepper, eight ounces sugar, six ounces salt, one ounce dry mustard, and two cups of tomato catsup (best). Mix paprika, pepper, sugar, salt and mustard together with catsup, then whip in vinegar and lastly beat in oil slowly. Mix in a giant mixer and whip twenty-five to thirty minutes. This dressing will keep, at 45° Fahrenheit, without separating for about eight days, if four or five raw eggs are whipped in before oil is added. If a high powered machine is used for emulsification the molecules of oil will be broken down into atoms and will not separate for even a greater period. The mustard and eggs aid in keeping ingredients in solution. The catsup adds body and sugar has been added to mellow flavor. This dressing has a pleasing appearance and will enhance the flavor and appearance of any salad. If a thin dressing is desired add one-third more vinegar.

This is French dressing base No. 5 and fine for all dressings calling for garnitures of cream, mayonnaise, etc.

Mayonnaise I

Nine dozen egg yolks, twenty ounces salt, fifteen gallons olive oil, six ounces mustard, one and one-half gallons vinegar. Whip yolks, salt, mustard, and half gallon of vinegar together. Whip in giant mixer. Add oil gradually and thin with vinegar while mixing. Takes about twenty to twenty-five minutes to mix.

In making this amount, nearly a third more vinegar in proportion can be used than can be when made in smaller quantities and mayonnaise will be of about the same consistency as in the recipe for Mayonnaise No. II. If a real thick mayonnaise is necessary use only one gallon of vinegar in above recipe.

The ingredients of this dressing recipe, as well as all the others, are the finest money will buy. The maker of these recipes has not worked with any substitutes.

Eggs must be large and strictly fresh. Stale eggs make a thin mayonnaise and less vinegar can be used. Insist on the best. Paprika can be used if a red mayonnaise is desired.

Mayonnaise II

One gallon olive oil, twelve egg yolks, one tablespoon salt, one tablespoon English mustard, one cup vinegar (half pint). One tablespoon sugar and two of lemon juice can be added to mellow and add flavor.

Mix the same as with Mayonnaise base No. 1, only add just half of vinegar first and then add as necessary to thin mayonnaise. Add lemon juice last. Suppress all white particles adhering to yolks. One tablespoon of paprika can be added if a red color is desired.

Roquefort Cheese Dressing

One-half gallon French dressing base No. 5, two pounds Roquefort cheese, riced or broken, and one quart of 30% cream. Mix cream into cheese and then whip in French dressing base No. 5.

Thousand Island Dressing

Four gallons heavy mayonnaise, three-fourths gallon best chili sauce, one dozen green peppers, one can of pimentoes cut small and one cup of chopped chives. Whip chili sauce into mayonnaise and add other ingredients. One dozen chopped hard-boiled eggs can be added to give color, and add to body if desired. This is a good, heavy, exceptional tasty sauce.

Supplement to Dressings

Banana Mayonnaise

One-half teaspoon salt, one-third teaspoon paprika, one-half teaspoon sugar, one teaspoon vinegar, two tablespoons lemon juice, one-third tablespoon mustard, one ripe banana, one-half pint olive oil: Rub the banana through a fine sieve, add mustard. Dissolve paprika, salt and sugar in the vinegar and lemon juice and then add this to the banana and mustard. Whip thoroughly. Then whip in slowly and thoroughly one-half pint of olive oil. This makes an excellent eggless fruit mayonnaise.

Cooked

Mix one-fourth of a cup of aromatic vinegar, one-half of a cup of water, three ounces of melted butter, one-fourth teaspoon of Coleman's mustard, dry, one teaspoon of salt, one tablespoon of lemon juice, one-fourth teaspoon of paprika and one teaspoon of sugar together and bring to a boil. Remove from fire and allow to partly cool, then place in a double boiler and whip in the yolks of four eggs. Whip up over fire until sauce thickens and remove. This dressing is fine for cauliflower, asparagus, or other boiled vegetables.

Gray

Mix one tablespoon of honey, one tablespoon of shredded cocoanut and two tablespoons of cream cheese with one cup of French Dressing base No. 5. This is excellent for fruit salads.

Honey, cocoanut and cheese mixed together can be moulded into small balls and used as a garnish for fruit salads.

Lorenzo III

To two-thirds of a cup of olive oil, one-third of a cup of vinegar, one teaspoon salt and a dash of black pepper, add one cup of chili sauce and one cup of chopped watercress. Stir the

mixture in a bowl with a small lump of ice until thoroughly chilled and serve.—*August C. Dietrich, maitre d'hotel, The Blackstone, Chicago.*

Onion II

To one cup of French Dressing base No. 5 add one teaspoon of onion juice.

Russian I

Add one heaping tablespoon of imported caviar, one tablespoon of finely minced cooked red beets, one teaspoon each of chopped chives and of parsley to one cup of Thousand Island dressing.

Russian II

Dice one tablespoon each of green and red peppers; mix with one tablespoon of chili sauce, one of imported caviar and six of mayonnaise.

Russian III

Add one tablespoon of caviar and one teaspoon of chopped chives to one cup of Thousand Island dressing.

Simple

Two egg yolks well beaten, one-fourth teaspoon dry mustard, one-half teaspoon salt, one-fourth teaspoon paprika, three tablespoons olive oil, two tablespoons vinegar or lemon juice, eight tablespoons milk or cream, one teaspoon sugar. Whip up in double boiler until thick as custard; remove.

Smith

Make a dressing out of three tablespoons of chili sauce, the juice of half a lemon and two ounces of 30% cream. Add cream last. Season with salt and paprika to taste. Garnish sauce with one teaspoon of chopped chives, one of chopped green peppers, and one of chopped red peppers. This is an excellent dressing to use over Mexican Slaw.—*Frank Smith, Pompeiian Room, Congress Hotel, Chicago.*

Unique

Mix one-half teaspoon salt, one-half teaspoon sugar, one-fourth teaspoon paprika and three tablespoons tomato catsup together and whip until all are thoroughly incorporated. Then whip in eight ounces of olive oil gradually. Mixture will take on the consistency of mayonnasie. Dissolve four sheets of French gelatine with two tablespoons boiling hot aromatic vinegar and three tablespoons of water and whip into the above mixture. Place dressing in a basin and set it in chopped ice. Whip until it is stiff and light.

This dressing has a fine flavor and can be used in place of mayonnaise. Beat into this two ounces chopped anchovies, two ounces Roquefort cheese and one ounce of chopped ripe olives and you have a very excellent filling or spread for an appetizer.

Aromatic Vinegar No. II

One ounce chevril, one-half ounce pimpernel leaves (young), two cloves garlic, one ounce sugar, two bunches cress, two quarts white vinegar. Allow to stand three weeks, then strain off.

Aromatic Vinegar No. III

Ten ounces of cucumbers peeled and chopped, one Bermuda onion, sliced, two shallotts chopped, one clove garlic, one ounce sugar, one ounce chevril, one-half teaspoon of salt and one hot red pepper. Pour over two quarts white vinegar, allow to stand three days and then strain. Bring vinegar to a boil and pour over herbs again and allow to remain seven days. Strain again and use.

Pepper Vinegar

One dozen pods of ripe peppers, cut in two. Take out seeds and stem. Place in an iron kettle with three pints of white vinegar and boil to reduce to one quart, strain. Excellent when added to tomato catsup or fish sauces, mayonnaise, etc.—*From a recipe taken from "The Virginia Housewife, 1831."*

EPILOGUE

THE MISSION OF THE SALAD

The mission of the salad, as Elwanger writes, is to stimulate and promote stomachic harmony through its mineral content. In other words, the leafy vegetables, herbs, milk and fruits are the balancing items, and all these enter into the composition of the salad. Up to a score of years ago this was unknown and many diseases were attributed to one cause or another, and not often to the real cause, which was the faulty diet. The leafy vegetable, the milk and the fruit play a mighty role in the diet of the growing child, as well as pregnant mother. In McCollum and Simmonds' book on "*Newer Nutrition*" I find, on page 469: "The nursing mother should always take a diet which will insure a satisfactory composition of milk, which she is to secrete. This can best be realized by including in her menus liberal amounts of milk and of salads (The Protective Foods). The salad should be composed in great measure of fresh foods, such as lettuce, cabbage, celery, tomatoes, etc., and a liberal supply of citrus fruits; a liberal use of leafy vegetables, such as spinach, beet greens, turnip greens, kale and brussels sprouts, which tend to insure a calcium supply as well as aid in relieving constipation. It is not enough for a diet to yield a proper caloric value, furnish protein according to *long accepted standards*, and afford variety and palatability. The specific dietary properties of the foods which enter into the diet are of paramount importance and must be given consideration."

"This chapter on the pregnant and nursing mother *strikes the keynote of this book.* It affords proof of the existence of, and points the way to a remedy for one of the greatest sources of human inefficiency and suffering. Since it touches the root of the evil effects of one of the most colossal errors of civiliza-

tion, this chapter serves to illustrate most vividly the far-reaching importance of scientific nutrition in preventive medicine.

"It is only within the last few years that the diet of the human nursing mother in its relation to the quality of her milk has received the attenion which it deserves, even by investigators. Until the science of nutrition forced upon us the importance of the selection of foods, it was taken for granted that whatever milk was formed by the mammary gland was of good quality.

"A study of the data makes it apparent how dependent the nursing mother is on the character of her diet as regards the quality of the milk which she will produce. Where her diet contains proteins of high biological value, an abundance of the vitamins, inorganic elements in proper amounts and a source of energy in the form of carbohydrates and fats, she produces a milk which will induce optimum gains in the weight of her young. In just so far as *her diet falls short in containing these essentials* will the quality of her milk be reduced. The nursing mother cannot, except in a very limited degree, put into her milk from her bodily reserves that which she does not receive in her food supply. It is, therefore, of the greatest importance that the pregnant and nursing mother have highly satisfactory diet in order that there shall be no shortage of the dietary essentials in her milk supply. This advice on leafy vegetables, herbs, milk, whole grains and cheese applies to all mankind. If the cells are to be kept healthy, the blood kept in condition, the food properly balanced, it is necessary that the proper amounts of phosphorus, iron, calcium, magnesium, lime, etc., are taken into the body, and the source of this supply is through the liberal use of salads, the raw salad, the mess of herbs, fresh, pure and unadulterated. In the cooking of the leafy vegetables, as in the boiling of milk, certain valuable vitamins are destroyed and lost. Lettuce heads the list and this one item enters into practically every salad in its many forms."

To read an excerpt, such as the above, in a salad book may seem strange and out of place to some, but to the thinker it will be quite apropos. As the article deals with that which will help make a nation strong and healthful, it is timely. Salads, especially the leafy ones, contain certain salts which are vitally necessary to restore and maintain health and promote growth. In McCullom and Simonds I find: "Fruit juices or the edible parts of fruits differ from cereal grains and resemble the tuber and root vegetables in an important respect. There is an excess of basic radicals which renders their ash alkaline, whereas most seeds give an acid ash. Meats are also of acid character. The meat and bread portion of our diet, when oxidized in metabolism leads to a formation of an excess of acid over base-forming substances. A certain alkali reserve in the blood is essential to maintain its capacity to carry carbon-dioxide to the lungs for elimination. A common pathological condition, acidosis, exists when the reserve falls below normal. This is why the addition of fruits and vegetables to the diet tends to establish a proper acid-base equilibrium in the various fluids of the body." It has been demonstrated by many eminent physicians and research workers that unless the vitamins were supplied in the mother's food, it was impossible to furnish them to her young; and if food deficient in vitamins was served deficiency diseases developed in the offspring. Therefore, in preventive medicine, which is nothing less than scientific nutrition, salads play a mighty role. If the mother of our young is not correctly fed, the health of the nation is at stake.

ARNOLD SHIRCLIFFE

Shears Salad

"In salad making what a chance to exercise your imagination, to reveal your ingenuity, lay this to the heart."

"If in sheer recklessness you were called upon to produce broiled salad, never fail to produce, but like Mr. Grigg in 'The Cave of Harmony' who called for a mashed oyster, it was forthcoming."

The virtues of the salad can be easily marred by an indifferent or unsympathetic spinner; too much or too little ill-placed or ill-garnished—poor combination or sloppy arrangement—and it sinks to the commonplace.

"The first requisite toward enjoying a meal, or anything else, is the willingness to be pleased."

"Better a dinner of herbs where peace is, than the finest of meals with contention."

"When in its perfection cabbage celery is to be had, none could be more submissive and responsive to the wooing of oil and vinegar. Never forget to rub the bowl with onion, now in its first youth, ardent but less fiery than in the days to come, strong but less impervious."

"Foolish is the impatient one who gallops through the pleasures of the table in hot haste."

"The satsuma is most delicious and suggestive. Its perfume alone, to those who have dined discreetly, is a magic pass to the happy land of dreams."

Of every woman worthy of the name it is the duty to master the secret of a perfect salad and to prepare it for her own and man's greater comfort and joy in this life, and—who knows—salvation in the next. Any woman with a grain of ingenuity can make it a thing of beauty, to look upon which is to sharpen the dullest appetite.

"Right eating makes a healthy man; irregular eating makes a soggy man and over eating makes a dead man."

Wish not so much to live long as to live well.

The ancients tell us what is best, but we must learn from the moderns what is fittest.

What one relishes nourishes.
Many dishes—many diseases.
Many medicines—few cures.

To lengthen the life, lessen the meals.

Eat to live and not live to eat. He that would travel much should eat little.

He that never eats too much will never be lazy nor accumulate a surplus of weight.

"A woman who has mastered sauces sits on the apex of civilization; and those who have mastered the art of salad making are in the same class."

"The onion is the poetic soul of the salad bowl."

Gasterea is the tenth muse; she presides over the enjoyments of taste. "She might lay claim to the empire of the universe, for the Universe is nothing without life, and all that has life requires nourishment."

"Let but a few minutes elapse in

the contemplation of this perfect work of art before tasting it and if the flavor is there the gastric juices will flow, and in the stimulating effect of eating you will enjoy the highest earthly pleasure given to man and one that can be enjoyed at least once a day throughout the life of man."

"A little better gaineth here and and there may prove attacks upon your purse. It will be a small difference in the telling of increased expense but in the eating, how much, how insignificant is that little more. And in the eating thereof the gods may envy you."

"The worst wheel of the cart makes the most noise; watch what you put in your stomach."

You can live forty days without food, but you cannot possibly live four minutes without air. These things being true, is it wise to stuff ourselves with food and starve ourselves for want of air?

Do not rush through your meals; rather be like Apicius who wished for the neck of a stork so that he might enjoy his dinner the longer.

The guests had better wait than the dinner—A little delay will improve their appetites; but if the dinner waits for the guests it will deteriorate every minute. The success of the dinner depends upon the punctuality of the guests and all the service that a maitre d'hotel might render, along with the finest cookery, will avail nothing.

"The curse of the world is joyless labor."

"Be faithful to the refrigerator, however fickle other loves."

"Insipid as life without love is the salad without imagination."

"Many failures are a paltry price to pay for one perfect dish; be bold in concocting and arranging; fear will produce nothing but a failure."

So decorative are the salad possibilities, that at times it is a struggle to decide between its merits as an ornament and its qualities as a delicacy.

"Salads helped materially in making her every luncheon and dinner a culinary triumph."

Wadsworth made it a rule to go out every day; and he used to say that as he never consulted the weather, he never had to consult the physician.

"The salad—a finishing item which I recommend to the use of all who have faith in my teaching—for Salad refreshes without fatiguing and strengthens without irritating. I usually say it renews youth. —*Savarin.*

It was not until the end of the reign of Henry the Eighth that any salads containing carrots, turnips or other edible roots were produced in England. These vegetables were imported from Flanders and Holland.

The bean has from remote times held a distinguished place. Isidorus asserts that it was the first food used by man. Pythagoras held that human life was in it. Napoleon was exceedingly fond of them dressed as a salad.

"Onyons will make ev'n Heirs
or Widows weep,
The tender lettuce brings on
softer sleep."

Green peas were not known in France until the middle of the sixteenth century. They were grown, but people no more thought of eating them than we do the sweet pea. The gardener Michaux was born,

and he it was who first sent the green peas to a Christian table.

"And indeed if the tomato is truly the 'Love Apple' of the Scripture, and in Adam's proprietorship the olives already yielded oil, the vines vinegar, then the tragedy in the Garden of Eden may be explained without the aid of commentary. Many a man, Esau notably, has sold his birth right for less than a good tomato salad."

"Delicate appetites may reasonably be stimulated a little until regulation and exercise put them in better order."

"A heavy fare in the morning is only for those who take vigorous exercise or who have made up their minds to defy the chances of gout and corpulence."

"Many people, at this late age, live like the Egyptians of old; that is, their principal aim in life, is to be well buried."

"A well known proverb tells us that everyone is a fool or a physician at 40."

"The requisites of health are plain enough; regular habits, daily exercise, cleanliness and moderation in all things—in eating as well as drinking—will keep most people well."

"A healthy appetite shows good bodily conditions as well as mental state."

Let men and women look to it that at table delicious sympathy makes them one, and marriage will cease to be a failure. If they agree upon sauces and salads, what matter if they disagree upon mere questions of conduct and finance?

If this salad you serve for luncheon defy convention, make it the first and last and only course.

Many are the men who have painted; few are there who have created a perfect dish.

The good of a pleasantly planned dinner outbalances the evils of daily trials and tribulations.

Our Cambrian Fathers sparing in their food,
First broiled their hunted goats on bars of wood,
Sharp hunger was their seasoning, or they took
Such salt as issued from the native rock.
Their salading was never far to seek,
Poignant water, grass or sav'ry leek;
Until the British bards adorned this isle,
And taught them how to roast and how to broil.
King's Art of Cooking.

A good salad is the prologue to a bad supper.

He who would live for aye, must eat sallet in May.

A fool can pick a sallet as well as a wiser man. *English Proverbs.*

Nothing is more conducive to healthly sleep than plenty of open air and good food.

"There is a story told of an old and poor Grandee who used to put on his spectacles when he sat down to his modest fare of bread and cherries, in order that the fruit might gain apparently in magnitude. There was philosophy in this pleasant conceit, a merry delusion and should be practiced by the flesh eaters of Egypt." Two ounces of proteins is enough for a healthy person in twenty-four hours.

"I once saw growing in Italy," said an Irish traveler, "the finest anchovies I ever beheld; a listen er"

naturally doubted the alleged fact and the offended Irishman not only invited him out but shattered his knee-cap by a pistol shot. As he was leaping about in intense pain, the Irishman's second remarked to his principal that he had made him cut capers at any rate. "Capers," exclaimed the Hibernian "Capers! faith that's it." "Sure sir," he added, advancing toward his antagonist, "you were right, it was not anchovies but capers that I saw growing. I beg pardon, don't think any more about it."

Dr. Herman N. Bundesen, Chicago's Health Commissioner, says: "Mother Nature's beauty shop has an abundance of fruits and vegetables to serve as a tonic to the body. Fruits and vegetables are palatable, are easily taken and have precious elements to put 'pep' in the slowest. First, they have the vitamins, the life giving substances that are so necessary to nourishment, and so effective in preventing disease. Secondly, they furnish fuel for the body. Thirdly, they furnish roughage, thus increasing bulk in the bowels and stimulating this organ to normal action. Constipation is the deadly enemy of beauty of the body and skin."

"The simplest advice we can give which will cover all the important points in practical nutrition and enable you to properly balance your diet is contained in these rules:

1. Build up the daily menus around a quart of milk for each member of the family.

2. Use eggs and meat frequently, but not excessively.

3. Serve salads twice a day to insure such raw vegetable foods as fruits, tomatoes, celery, lettuce, onions and so forth appearing regularly in the menu.

4. Serve one leafy vegetable, such as beet-tops, kale, spinach, and so forth, each day.

If you meet these requirements you can eat whatever else you desire."—*Dr. E. V. McCollum, in McCall's Magazine.*

Melon—The abortive and after-fruit (rind) of melons being pickled as cucumbers, make an excellent sallet.

Potato—The smaller green fruit (when about the size of the wild cherry) being pickled is an agreeable salad. [Mr. Orpheus Schantz, president of the Audubon Society, gave me three, the other day, and said that the bearing of these fruit is nearly a lost art with the potato plant.—*A. S.*]

* * *

Some high lights from John Evelyn's "Acetaria" the first salad book ever published.

"The early Francs used in their spring salads the young tops and tender leaves of the marshmallow, which they call Guimave, a most admirable nephritick."

"Melon is certainly harmless and may safely be mingled with sallet in pulp or slices; a melon which requires sugar to commend it wants of perfection."

"Mustard, exceedingly hot and mordicant like those of radishes, is of incomparable effect to quicken and revive the spirits, strengthening the memory; besides it is an approved antiscorbutic, aids concoctions and dissipates phlegmatic humors. It is a necessary ingredient to all cold and raw saleting, that it is very rarely if at all to be left out."

"Onion-Porrum-Being eaten crude and alone with oyle, vinegar, and

pepper we own them in sallet, not so hot as garlick, nor at all so rank. Eaten to excess offend the head and eyes, unless edulcorated with a gentle maceration. In Italy they frequently make a sallet of schalions, cives and cibbols, only seasoned with oil and pepper; and an honest, laborious countryman with good bread, salt and a little parsley, will make a contented meal with a roasted onion."

"Pliny commends the juice of raw onion with a little honey for the moist eye."

"The Dutch shred red cabbage and dress with oil and vinegar and eat raw."

"Corn Sallet—The tops and leaves being a sallet of themselves, they call them Salad de Preter for being generally eaten in Lent."

"Cresses are anti-scrobutic and best for raw and cold stomachs, may properly be eaten in Spring but nourish little."

"Cucumbers—boiled and mixed with oyle, vinegar and honey; sugar not being so well known. The pulp and centre may be mingled with small sallets with out the least of damage; contrary to common opinion, it not being long since cucumber however dressed was thought only fit to be thrown away, being accounted little better than poison."

"Mushroom—Produced by the midwifery of autumnal thunderstorms portend the mischief they cause."—*Seneca.*

"By sallat, we understand a particular composition of certain crude and fresh herbs, such as usually are or may safely be eaten with some acetoris juice, oyle, salt, etc., to give them grateful gust and vehicle."

"Rosemary—sovereignly cephalick and for memory, sight and nerves, incomparable; and tho' not used in the leaf with our sallet furniture, yet the flowers, a little bitter, are always welcome in vinegar, but above all a fresh sprig or two in a glass of Sherry Sack."—*Jno. E. Lampier.*

John Evelyn, speaking of sellery says: "For its high and grateful taste, it is ever placed in the middle of the grand sallet, at our great men's tables, and Praetors' feasts as the grace of the whole board."

"The Israelites were ready to return to slavery and brick-making for the love of onions. The mention of the Israelites' fondness for them calls to mind what that noble, but unfortunate, Earl of Sandwich told me: "That being with the Fleet in the Mediterranean, near the coast of Egypt, he had bought him onions, little inferior in taste to melons."

"Mallow-Malva is emollient and friendly to the ventricle and so rather medicinal. Mallows was of old the first dish on the table. Plato ate his mallows and asphodel."

Holi-Hocks were eaten by some as a salad. Evelyn banishes it from the salad because of its being a laxative and by reason of their clamminess and lentor.

"Americans first discovered the excellent qualities of a tomato salat."

The introduction of salad into England is claimed for the Dutch and dates back to 1509. Up to that time so little were vegetables cultivated, or gardening understood, that in that year Queen Catherine could not procure a salad in London until Henry sent to the

Netherlands and engaged a gardener to come over and raise the proper plants. Lettuce, cos and endive were called salad.

In the works of St. Paulinus, Bishop of Nola, we find a letter sent to Sulpicius Severus in which he writes of sending a cook with great recommendations for the particular talent he had in dressing beans, lettuce and other sallets. His name was Victor, and so welcome, to the Holy Man, for his being likewise an excellent barber.

"What choice to chuse for delicacy best; what order so contrite, as not to mix tastes not well joined, inelegant, but being taste after taste, upheld by the kindliest change."

The learned Scalinger would shudder in every limb on beholding watercresses but the Greek proverb reads, "Eat cress and gain wit."

Speaking of the Early Romans: "They could make an honest meal and dine upon a sallet, without so much as a grain of exotic spice, and the Potagere was in such reputation that she who neglected her kitchen-garden was never reputed a tolerable house-wife. She was never surprised, had all at hand and could in a trice set forth a handsome sallet. A dinner of herbs where love is, how preferable to a stalled ox, and if happiness and the innocent cup went merrily round, it was here in perfection. In a word so universal was the sallet, that the Unbloody Shambles (as Pliny calls them) yielded the Roman State more considerable custom (where there was little more than the honest cabbage and worts) than almost anything besides brought to market."

John Evelyn says: "The author of Nature has given to the plants such astonishing properties; such fiery heat, in some to warm and cherish, such coolness in others to temper and refresh, such pinguid juice to nourish and feed the body, such quickening acids to compel the appetite and grateful vehicles to court the obedience of the palate, such vigor to renew and support our natural strength, such ravishing flavors and perfumes to recreate and delight us; in short, such spirituous and active force to animate and revive every faculty and part, to all the kinds of Human and I almost said Heavenly, capacity too. Our gardens present us with them all; and whilst the shambles are covered with gore and stench, our sallets escape the insults of the summer fly, purify and warm the blood against Winter Rage; nor wants there variety in more abundance than any of the former ages could shew."

"The roots of the red beet, pared into thin slices and circles, are, by the French and Italians, contrived into curious figures to adorn their sallets."

Dandelions are sold in most herb shops about London, for being a wonderful purifier of the blood and antiscrobutic, upon which account they are justly esteemed an excellent sallet.

"And 'tis indeed very evident, that cattle and other herbaceous animals which feed on plants are directed by their smell and accordingly make election of their food; but men (besides smell and taste) have, or should have, Reason and experience, and the aids of natural Philosophy to be their guides in this matter. The truth is, there's need of all the senses to determine analogically concerning the virtues

and properties even of the leaves alone of many Edule Plants. The most eminent principles of near the whole tribe of sallet vegetables, inclining rather to acid and sowre than to any other quality, especially salt, sweet or luscious. Therefore there is skill and judgement required to suit and mingle our sallet ingredients, so as may best agree with the constitution of the (vulgarly reputed) Humours of those who either stand in need of, or effect these refreshments, and by so adjusting them, that as nothing should be suffered to domineer so should none of them loose their gust, savour or vertue. To this end the cooler shold be chosen to extinguish thirst, temper repress vapors. The hot, dry, aromatic cordial and friendly to the brain, may be qualified by the cold and moist; the bitter and stomachical with the sub-acid and gentler herbs. The Pungent and such as repress flatulency with such as abate keenness, mollify and reconcile the more harsh and churlish; the mild and insipid with the piquant and brisk; the astringent with such as are laxative, and so with those that are eupeptic and promote concoction; those of middle nature, more or less specific; for not withstanding it seems in general, that raw sallets and herbs have experimentally been found to be the most sovereign diet in that endemial contagion, the Scrobutes, to which we are, as a nation and most other Islanders are obnoxious; yet since the Nasturtia are singly and alone, as it were, the most effectual and powerful agents, in conquering that cruel enemy it were enough to give the salad-dresser directions how to chuse, mingle and proportion his ingredients as well as to shew what Remedies there are contained in one magazine of Sallet Plants, upon occasions, rightly marshalled, and skillfully applied."

"It brings to my memory, what I have heard of the Phisician to Queen Ann; That observing the Scurvy and Dropsy to be the dominant diseases of the Nation, he went into the Hundreds of Essex (the most unhealthy county in the Island) and used to follow the sheep and cattle on purpose to observe what plants they chiefly fed upon; and of those simples composed an excellent Electuary of extra-ordinary effect against those infirmities."

* * *

John Evelyn gives nine rules for making and dressing a salad to have it perfection:

1st. Let the ingredients be exquisitely culled, cleaned and dried.

2nd. Let the oil be of the best, smooth, light and pleasant to the taste, fit to allay the tartness of vinegar and other acids, yet gently to warm and humectate where it passes.

3rd. Let the vinegar be pure, neither sowre, vapid or spent, and impregnated with an infusion or aromatized with elder, rosemary, nasturtium enriched with the virtures of the plant.

4th. Let the salt be the best Bay-Gray salt, as being the least corrosive is clean, bright, dry and without clamminess.

5th. Let the mustard be the best of Tewpsbury sifted, winnowed and freed of husks. The seeds should be bruised with a polished cannon-bullet in a large wooden bowl, or dish, or which is most preferred, ground in a Quern contrived for that purpose.

6th. Let the pepper (white or black) be not bruised to a small dust; other strewings which are likewise admitted to enrich our sallat-orange and lemon peel, also Jamaica, pepper, Juniper berries are of singular virtue.

7th. Let the yolks of fresh and new laid eggs, boiled hard, be mingled and mashed with mustard, oil and vinegar, and part cut in quarters and eat with the herbs.

8th. Let the knife with which the salat-herbs are cut be of silver, and by no means steel, which of all acids are apt to corrode and retain a metallick relish of.

9th. And last let the Saladiere (salad dish) be of porcelane or of the Holland Delf-ware and not of pewter or silver, as the latter two are not at all so well agreeing with oil and vinegar, which have their several tinctures.

Glossary

An Exposition of the Less Known Terms Used in the Book

Anchovy: Member of the herring tribe. A small fish of fine and peculiar flavor. They come rolled, filleted, oiled and salted, bottled and canned. The best come from the Mediterranean, near the Island of Gorgona.

Angelica: An aromatic plant, native to the Alps; grows as far north as Iceland. The leaf, stalk and midribs are candied and used for decorating. They are of a warm greenish tinge and make pretty fruit stalks when decorating.

Aspic: A clear meat or vegetable jelly, seasoned and solidified with gelatine, veal bones, chicken feet, or calf's head and feet; served cold, cut in fancy shapes. Made into cold buffets. Colored with fruit juices and made tart by adding lemon, lime, orange or fruit juices. The word comes from "spike jelly," i. e., jelly flavored with a spike.

Avocado or Alligator Pear: The real name for alligator pear is "Ahuacatl" an Aztec Indian name. Avocado is Spanish for lawyer.

Bar le duc: Whole preserved currants, red or white.

Bamboo shoots: A favorite vegetable of the Chinese and Japanese can be bought in cans.

Balm: An herb.

Basket: Several inner leaves of lettuce arranged in a circular form, making a sort of flower with center removed. Boston lettuce is excellent for use in making attractive well bleached baskets or rosettes.

Borage: An herb, rather bitter.

Broccoli: Is like cauliflower, only flower is purple instead of white and head is much smaller. Some species of broccoli do not head up at all.

Burnet: An herb.

Chard or Swiss Chard: A variety of leaf-beet grown especially for the leaves and stalks.

Chapon: A heel of French bread rubbed with garlic, placed in bottom of salad bowl.

Cherry Tomatoes: Small red or yellow tomatoes the size of small plums.

Chervil: An aromatic garden herb grown in all temperate climates, resembling parsley, and is used in seasoning sauces and soups and is especially fine in salads.

Chives: Species allied to the leek and onion grown for its hollowed leaves, resembling small onion tops. Can be grown in a small box on window sill. Good for seasoning of salads, soups and sauces.

Column Cutter: A tubular piece of tin used for cutting certain fancy garnishes. Column cutters come in fancy as well as plain shapes.

Cordon: An herb, or leafy vegetable. Center rib used in salads.

Emulsify: To suspend a finely divided, fatty substance in a solution. Where this is mentioned in this book it is secured by beating the ingredients in a large mechanical beater; or where this is not obtainable, use a Dover egg beater.

Fennel: An herb, highly aromatic.

Fillet: A small, boneless strip or band of fish without bone. A term for tenderloin of beef.

Fetticos: Field salad, corn salad, lambs lettuce, and douchette are all the same herb. Has a spoon shaped leaf, bitter taste. Grows mostly in rosettes of leaves. Italian Field Salad or Corn Salad is a distinct species with hairy, light colored leaves.

Fines Herbes: (Sweet, aromatic herbs.) Chervil, chives, parsley, tarragon.

Garnish: To decorate, to improve the appearance of main dish with small colorful addition of parsley, pimentoes, cress, lemons, eggs, truffles, berries, cherries and such like items.

Herbs: Aromatic plants used for flavoring, garnishing, or as main ingredients in salads.

Julienned: To cut in fine strips or shred. To cut in thin strips. Name of a famous chef, Jean Julien.

Lady apples: Very small bright colored apples used to decorate holiday baskets of fruit.

Lettuce, Cos or Romaine: A native to the Greek Islands, coming from the Island of Cos, the birthplace of Hippocrates, the father of medicine, born 460 B. C., and at his time of practicing placed great dependence on diet. Lettuce was first introduced into England in the year 1520. King Henry VII conferred a reward upon the chief gardener for devising a combination of lettuce and cherries for the royal table. . . . Iceberg, Cabbage or large solid head lettuce; grown mostly in the West; crisp centers, weighing from half pound to over two pounds each. . Boston lettuce; grown in the East; small velvety centers, well bleached.

Marinate: A pickle liquid made with a seasoned vinegar brine or lemon base, with or without aromatic herbs and spices. Used as a pickling flavor for meats, vegetables, fish, etc. French dressing is often used as a marinate.

Palm Hearts: The hearts of young palms. Can be bought in cans.

Parisienne Cutter: A half-round metal scoop with wooden handle used to cut vegetables in sphere-

like forms. Can be purchased at hardware stores and are made in many sizes.

Peppers: Several varieties, the sweet Spanish red pepper, the sweet green pepper, the small round bell or rose apple sweet pepper. The Spanish red (or pimento) and the round bell or rose apple come in cans.

Pimolas: Olives stuffed with red peppers.

Piped: To pipe or force whipped cream, cheese, butter creams or any semi-liquid out of pastry sack. Pastry sack is a sack sewed into a conical shape and with a tin tube placed in end. Cheese mixed to a workable consistence can be piped out on salads in form of rosettes, strips, mounds, stars, borders, etc. Sack can be made out of paper and used without tubes.

Rampion root: An herb.

Rape: An herb.

Satsumas: A species of tangerine.

Seared: To burn or mark. To scrape with fork, making small lines all around cucumber from end to end after it is peeled, then slicing thinly. This gives the cuke a dignified or dressed-up appearance.

Strawberry Beets: Are small and very red. They are canned under this name and very attractive.

Tansy: An herb.

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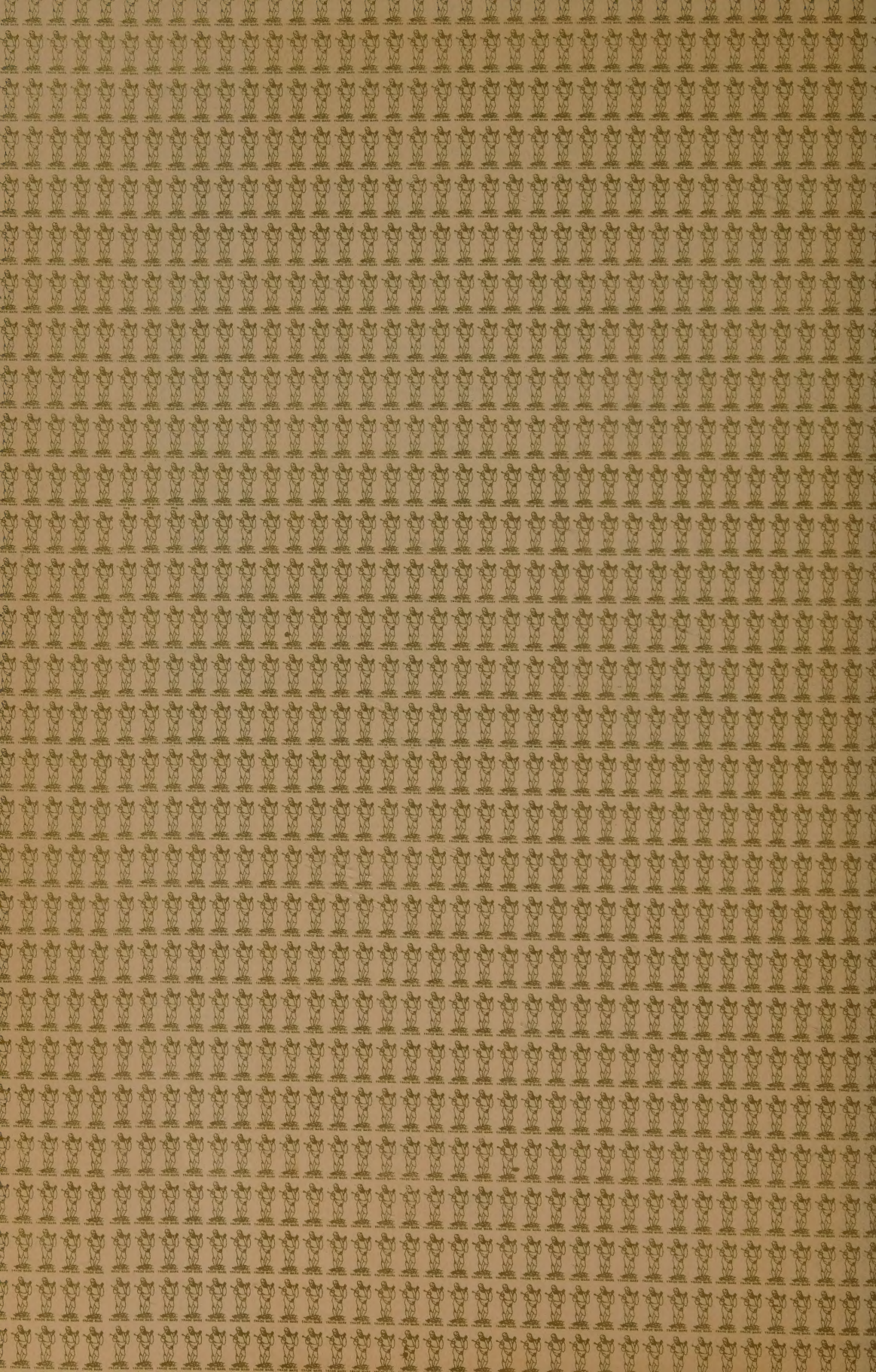
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